

Effective Jan 2019



Summico - GROUP EXERCISE CLASSES - Jan 2019



MAIN STUDIO

	MON	TUE	WED	THU	FRI		SAT	SUN
5:15 AM		*KETTLEBELL <i>Shelly</i>		*TOTAL BODY FITNESS <i>Rebekah</i>		8:15 AM	Les Mills BODYPUMP <i>Katie S</i>	
9:00 AM		BOX & CORE <i>Lisa VR</i> ★	*TOTAL BODY FITNESS <i>Becky</i>		BOX & CORE <i>Lisa VR</i>	9:00 AM		YOGA <i>Terese</i> ★
9:30 AM	*KETTLEBELL <i>Shelly</i> ★			POP Pilates <i>Shelly</i>		9:30 AM	YOGA <i>Katie L</i>	
10:00 AM		Les Mills BODYFLOW <i>Lisa VR</i> ★			Les Mills BODYFLOW <i>Lisa VR</i> ★	PLEASE BRING YOUR OWN YOGA MAT		
12:15 PM		SILVER SNEAKERS FIT <i>Shari</i>		SILVER SNEAKERS FIT <i>Shari</i>	SILVER SNEAKERS FIT <i>Meg S.</i>	<div style="border: 2px solid red; padding: 5px;"> <p align="center">- COLOR KEY -</p> <p align="center">"VALUE PLUS / PLATINUM" MEMBERSHIP CLASSES</p> <p align="center">"FIT" MEMBERSHIP CLASSES</p> <p align="center">Silver outline --> SILVER SNEAKERS CLASS</p> <p align="center">*45 minute class **30 minute class</p> <p align="center">★ Star --> XGX Connector Class (great for new members!)</p> <p align="center">Yellow outline --> SCHEDULE CHANGE</p> </div>		
5:15 PM	*TOTAL BODY FITNESS <i>Becky</i>		(5:00pm) POP Pilates <i>Shelly</i>			★		
5:30 PM		Les Mills BODYPUMP <i>Sherna</i> ★		Les Mills BODYPUMP <i>Katie S</i>		★		
6:15 PM	FUNK <i>Mel</i>					★		
6:45 PM		*YOGA <i>Sherna</i>				★		

CYCLE STUDIO

	MON	TUE	WED	THU	FRI		SAT	SUN
8:30 AM	RIDE <i>Lisa VR</i>			RIDE <i>Shelly</i> ★		9:30 AM	RIDE <i>Julie S.</i>	
5:30 PM			RIDE <i>Julie S.</i>			★		
6:00 PM	RIDE <i>Shelly</i> ★					★		

(Schedules subject to change)