



BLAINE - GROUP EXERCISE CLASSES (Jan-Mar)



MAIN STUDIO

	MON	TUES	WEDS	THURS	FRI		SAT	SUN
5:15 AM	TOTAL BODY FITNESS <i>Amy</i> ☆		TOTAL BODY FITNESS <i>Stacy</i>					
8:15 AM		ZUMBA GOLD <i>Anu</i>	Les Mills BODYPUMP ☆ <i>Janet</i>	ZUMBA GOLD <i>Anu</i>		8:00 AM	BOXX <i>Sanja</i>	Les Mills BODYpump (8:15) <i>Sanja</i>
9:30 AM	TOTAL BODY FITNESS <i>Mary</i>	BOXX <i>Kristin</i>	ZUMBA <i>Logan</i>	PIYO <i>Mary/Janet</i>	BOXX ☆ <i>Beth</i>	9:00 AM	STEP <i>Janet</i>	
10:30 AM		SILVERSNEAKERS <i>Renee</i>	TOTAL BODY FITNESS <i>Tahna</i>	SILVERSNEAKERS YOGA <i>Sylvia</i>	SILVERSNEAKERS CARDIO <i>BETH</i>	10:15 AM	Les Mills BODYPUMP <i>Ann</i> ☆	
4:30 PM	KETTLEBELL <i>Tahna</i>	PILOXING BARRE ☆ <i>Sherry</i>		Les Mills BODYPUMP EXP <i>Penny</i> ☆		11:30 AM	ZUMBA <i>Ann</i>	ZUMBA (11:00) <i>Darcy</i>
5:30 PM	BOXX <i>Ann</i>	TOTAL BODY FITNESS <i>Theresa</i>	RIPPED ☆ <i>Penny</i>	ZUMBA <i>Steph</i>	Les Mills BODYpump (5:15) <i>Sanja</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">*30 minute class **45 minute class</p> <p align="center">☆Star --> XGX Connector Class (great for new members!)</p> </div>		
6:45 PM	Les Mills BODYPUMP ☆ <i>Ann</i>	ZUMBA <i>Ann</i>	Les Mills BODYPUMP <i>Penny</i>	TOTAL BODY FITNESS <i>Ann</i>	ZUMBA <i>Sandra</i>			

CYCLE STUDIO

	MON	TUES	WEDS	THURS	FRI		SAT	SUN
5:15 AM		RIDE** <i>Stacy</i>			RIDE** <i>GINA</i>			
9:30 AM			RIDE** ☆ <i>Tahna</i>			9:00 AM	RIDE** <i>Sanja</i>	☆ RIDE** (9:30) <i>Sanja</i>
5:30 PM	RIDE** ☆ <i>Tahna</i>		RIDE** (6:30) <i>Sanja</i>	RIDE** (6:30) <i>Sanja</i>				

MINDBODY STUDIO

	MON	TUES	WEDS	THURS	FRI		SAT	SUN
9:30 AM	YOGA <i>Nita</i>	BARRE (9:15) <i>SYLVIA</i>	YOGASCULPT <i>Mary</i>	BARRE (9:15) ☆ <i>SYLVIA</i>	YOGA <i>Nita/Mary</i>	9:15 AM	YOGA ☆ <i>Ann</i>	YOGA (9:30) <i>Ann</i>
10:30 AM		YOGA ☆ <i>Nita</i>		YOGA <i>Nita</i>				
5:30 PM	YOGASCULPT ☆ <i>Maggie</i>	YOGA <i>Renee</i>						
6:30 PM			YOGA <i>Maddie</i>	ROLLGA (7:15) <i>Sanja</i>				

AQUA STUDIO

	MON	TUES	WEDS	THURS	FRI		SAT	SUN
5:15 AM	AQUAFIT <i>(Lindy)</i>		AQUAFIT ☆ <i>(Lindy)</i>		AQUAFIT <i>(Lindy)</i>	9:00 AM	AQUA ZUMBA** <i>(Cindy)</i>	*POOL RESERVED DURING CLASS TIMES
9:30 AM		AQUA ZUMBA** <i>Anu</i>		AQUA ZUMBA** <i>Anu</i>				
6:30 PM	AQUA ZUMBA** <i>(Cindy)</i>			AQUA ZUMBA** ☆ <i>(Cindy)</i>				