



# 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 ** <i>Anu</i>	<i>Les Mills</i> BODYPUMP ✨ <i>Janet</i>	ZUMBA ** <i>Anu</i>		8:00 AM BOXX <i>Sanja</i>	<i>Les Mills</i> 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 YOGA <i>Nita</i> (10:45)	SILVERSNEAKERS <i>Renee</i>	TOTAL BODY FITNESS <i>Tahna</i>	SILVERSNEAKERS YOGA <i>Sylvia</i> (10:45)	SILVERSNEAKERS CARDIO <i>BETH</i>	10:15 AM <i>Les Mills</i> BODYPUMP <i>Ann</i> ✨	
4:30 PM	KETTLEBELL <i>Tahna</i>	PILOXING BARRE(4:15) <i>Shelly</i> ✨	OULA POWER Christina	<i>Les Mills</i> 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>	STRENGTH <i>Theresa</i>	RIPPED ✨ <i>Penny</i>	ZUMBA <i>Steph</i>	<i>Les Mills</i> BODYpump <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 --&gt; XGX Connector Class (great for new members!)</p> </div>	
6:45 PM	<i>Les Mills</i> BODYPUMP(6:30) <i>Ann</i>	ZUMBA <i>Ann</i>	<i>Les Mills</i> 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>			
4:45 PM	YOGA <i>Penny</i>						
5:30 PM	YOGASculPT (5:45) <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
5:30 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
9:15 AM		AQUA ZUMBA** <i>Anu</i>		AQUA ZUMBA** <i>Anu</i>			
6:30 PM	AQUA ZUMBA** <i>(Cindy)</i>			AQUA ZUMBA** ✨ <i>(Cindy)</i>			