



# WOODBURY - GROUP EXERCISE CLASSES - (Jan-Mar)



## MAIN STUDIO

	MON	TUES	WEDS	THURS	FRI	SAT	SUN
5:30 AM	Les Mills GRIT <i>Emily</i>	Les Mills BODYPUMP <i>Melanie</i> ★	Les Mills GRIT <i>Amy</i>	Les Mills BODYPUMP <i>Amy</i>		Les Mills GRIT <i>Mark</i>	
8:30 AM	YOGASCULPT ** <i>Mary</i>	TOTAL BODY FITNESS ** <i>Lauri</i>	BARRE <i>Cindy</i>	YOGASCULPT ** ★ <i>Mary</i>	STRENGTH <i>Staci</i>	Les Mills BODYPUMP <i>Laurel</i>	Les Mills BODYPUMP (8:15) <i>Denise/Natasha</i>
9:30 AM	BODYSHRED <i>Emily</i>	Les Mills BODYPUMP <i>Cindy</i>	HIIT WITH YOGA ★ <i>Lauri</i>	Les Mills BODYPUMP <i>Cindy</i>	Les Mills BODYATTACK <i>Michelle</i>	Les Mills BODYATTACK <i>Laurel</i>	Les Mills BODYSTEP <i>Denise/Natasha</i>
10/10:45 AM	ROLLGA (10:00) ★ <i>Emily</i>	SILVERSNEAKERS(10:45) <i>Jeremy</i>	CORE (10:00) <i>Lauri</i>	SILVERSNEAKERS(10:45) <i>Jeremy</i>	Les Mills CXWorx (10:45) <i>Michelle</i>	Les Mills CXWorx <i>Laurel</i>	
11:30 AM	ZUMBA <i>Colleen</i>		ZUMBA <i>Sara</i>		ZUMBA ★ <i>Colleen</i>	YOGA ★ <i>Laurel</i>	
4:15 PM		ZUMBA <i>Cindy</i>	Les Mills BODYATTACK Express <i>Taylor</i>	ZUMBA <i>Colleen</i>		ZUMBA <i>Nicole</i>	
5:15/5:30 PM	Les Mills BODYATTACK <i>Laurel</i>	Les Mills GRIT (5:30) <i>Mark</i>	Les Mills BODYPUMP Exp <i>Adam</i> ★	Les Mills GRIT (5:30) <i>Mark</i>	ZUMBA (5:30) <i>Cindy</i>		Les Mills BODYFLOW <i>Steve</i>
6:15/6:30 PM	Les Mills BODYPUMP (6:30) <i>Laurel</i>	Les Mills BODYSTEP/CXWorx <i>Laurel</i>	Les Mills BODYCOMBAT <i>Adam</i>	Les Mills BODYATTACK ★ <i>Krista</i>			
7:30 PM	Les Mills BODYCOMBAT <i>Lori (7:45)</i>		ZUMBA <i>Nicole</i>	Les Mills BODYPUMP <i>Ken</i>		#XGX#GYMFAMILY	

## CYCLE STUDIO

	MON	TUES	WEDS	THURS	FRI	SAT	SUN
5:30 AM	Les Mills RPM <i>Brant</i>		Les Mills RPM <i>Stephanie</i>		Les Mills RPM ★ <i>Brant</i>	Les Mills RPM <i>Michelle</i>	BeatBossCycling(8:45) <i>Andrea</i>
9:30 AM		**RIDE ★ <i>Lauri</i>			**RIDE <i>Staci</i>		
6:00 PM	Les Mills RPM ★ <i>Steve</i>	Les Mills RPM <i>Michelle</i>	Les Mills RPM (5:30) <i>Steve</i>				Les Mills RPM <i>Steve</i>

## MINDBODY STUDIO

	MON	TUES	WEDS	THURS	FRI	SAT	SUN
9:30AM		★ Les Mills BODYFLOW <i>Amy</i>		TRX/FUSION <i>Lauri</i>	YOGA <i>Mandy</i>	Les Mills BODYFLOW <i>Melanie</i>	YOGA <i>Natania</i>
10:30AM				ROLLGA <i>Lauri</i>		Les Mills BODYCOMBAT <i>Adam</i> ★	
4:30 PM	Les Mills BODYFLOW <i>Melanie</i>			★ Les Mills BODYFLOW <i>Melanie</i>			
5:30 PM		Les Mills BODYFLOW <i>Steve</i>	★ YOGASCULPT <i>Jeremy</i>	Les Mills CXWorx (5:45) <i>Michelle</i>			
6:30/7:30 PM	YOGA (6:30) <i>Mandy</i>	YOGA ★ <i>Laurel</i>					

- COLOR KEY -

"VALUE PLUS / PLATINUM" MEMBERSHIP CLASSES

"FIT" MEMBERSHIP CLASSES

\*30 minute class    \*\*45 minute class

★ Star --> XGX Connector Class (great for new members!)

## AQUA STUDIO

	MON	TUES	WEDS	THURS	FRI	SAT	SUN
9:30 AM	**AQUA FIT <i>Cheryl</i>		**AQUA FIT ★ <i>Cheryl</i>		**AQUA FIT <i>Cheryl</i>	**AQUA ZUMBA <i>Dana</i>	*POOL RESERVED DURING CLASS TIMES
6:30 PM				**AQUA ZUMBA <i>KEN</i>			