



Rosville - GROUP EXERCISE CLASSES - (Jan-Mar)



MAIN STUDIO

	MON	TUES	WEDS	THURS	FRI		SAT	SUN
5:30 AM					Les Mills BODYPUMP <i>Stephanie</i> ★			
9:45 AM	ZUMBA <i>Darcy</i>	Les Mills BODYPUMP <i>Bernadette</i> ★		Les Mills BODYPUMP <i>cambria</i>	Les Mills BODYPUMP <i>(Annie)</i>	9:15 AM	Les Mills BODYPUMP <i>cambria</i>	Les Mills BODYPUMP <i>Emily</i> ★
11:15 AM					Silver Sneakers CLASSIC <i>Rita</i>	10:30 AM	ZUMBA <i>Darcy</i>	
4:30 PM			Les Mills BODYPUMP <i>cambria</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> <hr/> <p align="center">*30 minute class **45 minute class</p> <p align="center">★ Star --> XGX Connector Class (great for new members!)</p> </div>		
5:30 PM	Les Mills BODYPUMP <i>Stephanie</i>	ZUMBA <i>Keri</i>	TOTAL BODY FITNESS (5:45) ★ <i>Kristin</i>	Les Mills BODYPUMP <i>Darcy</i>				
6:45 PM	ZUMBA <i>StephD</i>	STRONG by Zumba <i>Nichole</i> ★						

CYCLE STUDIO

	MON	TUES	WEDS	THURS	FRI		SAT	SUN
5:30AM		**RPM <i>Stephanie</i> ★		**RPM <i>Stephanie</i>		8:30 AM	**RIDE <i>Mary</i>	
PM	(5:30) **RIDE <i>Rita</i>	**RPM (6:45) <i>Stephanie</i>	**RPM (5:30) <i>Michelle</i> ★	**RPM (5:30) <i>Stephanie</i>		8:45 AM		CYCLESULPT <i>THERESA</i> ★

MINDBODY STUDIO

	MON	TUES	WEDS	THURS	FRI		SAT	SUN
9:45 AM		BODYFLOW <i>Melissa</i>	BARRE (10:00) <i>Gretchen</i>		BODYFLOW <i>Melissa</i>	9:30 AM	YOGASULPT <i>Mary</i>	
5:30 PM			BODYFLOW (5:45) <i>Cambria</i> ★			9:45 AM		YOGASULPT <i>Theresa</i> ★
6:45 PM	BODYFLOW <i>Stephanie</i>	YOGA (6:30) <i>Keri</i> ★		BODYFLOW (6:30) <i>Stephanie</i>				

AQUA STUDIO

	MON	TUES	WEDS	THURS	FRI		SAT	SUN
8:00 AM	AQUAFIT <i>Lindy</i> ★		AQUAFIT <i>Lindy</i>		AQUAFIT <i>Lindy</i>	11:45 AM	AQUA ZUMBA ★	
PM		AQUA ZUMBA (5:30) <i>Nicole</i>		AQUA ZUMBA (6:45) <i>Darcy</i>			POOL RESERVED DURING CLASSES	