

Group Training @The Club

DEC 16, 2024 - DEC 22, 2024

Goal 51: Keep working out no matter how old you are

OTHER						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	CYCLE STUDIO 6:00 - 7:00am CYCLE ANA	CYCLE STUDIO 9:00 - 10:00am CYCLE CIRCUIT TIFFANY	6:00 - 7:00am CYCLE ANA	CYCLE STUDIO 7:15 - 7:45am POWER CYCLE RETURNS NEXT WEEK	CYCLE STUDIO 8:00 - 8:45am CYCLE SANDRA	CYCLE STUDIO 9:00 - 9:45am CYCLE TIFFANY
STUDIO A						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			7:30 - 8:30am MAT PILATES in YOGA STUDIO IRINA			
	8:15 - 9:00am ONE MORE REP TIFFANY		8:00 - 9:00am STEP ANN	8:00 - 9:00am CARDIO & STRENGTH C.R.	8:00am - 9:00am HATHA YOGA IRINA	
	9:15 - 10:15am CARDIO,CORE&STRENGTH AMY		9:05 - 10:05am BODY CONDITIONING ANN	9:15 - 10:15am ZUMBA KRISTEN		
10:30 - 11:30am ACTIVE AGING ANN		10:30 - 11:30am ACTIVE AGING SUZANNE				
		5:30 - 6:30pm BARRE' FUSION IRINA				
	6:45 - 7:30pm TABATA THIS KIM	6:45 - 7:30pm STRENGTH & SCULPT KIM	6:15 - 7:00pm CARDIO & STRENGTH C.R.			
BOXING ROOM BOOTCAMP ROOM PICKLEBALL (PB) COURT						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		Gloves required for all boxing classes				
6:15 7:00am TABATA TRAINING LEXI		6:15 - 7:00am CIRCUIT STRIKE JASON		6:15 - 7:00am BATTLE BOXING LEXI		8:00 - 8:45am BEST OF BOTH WORLDS KIM
9:30 - 10:00am TOTAL Training Bootcamp LINDA U		9:30 - 10:00am TOTAL Training Bootcamp LINDA U		10:30 - 11:30am TOTAL BODY RESET KIM	8:00 - 9:00am TOTAL Training Bootcamp KIM	
7:00 - 7:45pm HIIT BOXING*** IRINA						
YOGA STUDIO						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
ZOOM ONLY 10:00 - 11:00am SLOW FLOW YOGA SUZY	8:45 - 9:45am YOGA ANN	8:45 - 9:45am SLOW FLOW VINYASA CAROL	10:00 - 11:15am STRONG CORE & BACK KAVITHA	9:00 - 10:00am GENTLE YOGA CHARLES	8:00am - 9:00am HATHA YOGA IRINA	10:15 - 11:30am HATHA-VINYASA BLEND KAVITHA
6:30 - 7:45pm HATHA YOGA KAVITHA	ZOOM ONLY 10:00 - 11:00am YOGA THERAPEUTICS SUZY		6:30 - 7:30pm VIN TO YIN JACLYN	ZOOM ONLY 10:30 - 11:45am STRONG FLOW YOGA SUZY		
AQUA FITNESS SUMMER SCHEDULE ***POOL***AQUA FITNESS FALL SCHEDULE						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:00-10:00am AQUA FITNESS C.R.		9:00-10:00am AQUA FITNESS C.R.		9:00-10:00am AQUA FITNESS C.R.		9:00 - 10:00am AQUA FITNESS C.R.
ACHIEVE YOUR FITNESS GOALS ONE DAY AT A TIME						