



SMALL GROUP TRAINING SCHEDULE (INSTRUCTOR)

Effective January 1

V - Virtual | I - In Person

MONDAY	
9:00-9:45 AM	V High Intensity Cardio (Barbara)
10:00-10:45 AM	V Low Impact Cardio (Barbara)
10:00-11:00 AM	VI Pilates Mat w Props, Level 1-2 (Chip)
12:15-1:00 PM	V Chair Class (Susan)
1:00-2:00 PM	VI Functional Movement (Lisa)
6:15-7:15 PM	V, I Pilates Mat w Props, Lvl 1-2 (Chip)

THURSDAY	
6:45-7:30 AM	I Total Gym Total Body Workout (Jen)
9:00-9:55 AM	V Women Strength Train Int (Gabby)
10:00-11:00 AM	V Better Balance Class (Barbara)
10:30-11:15 AM	V Prenatal Fitness (Ashley C.)
11:00-12:00 PM	V Stretch and Roll (Michelle)
11:30-12:30 PM	I Pilates on Total Gym (Chip)
6:00-7:00 PM	V Hatha Yoga (Michelle)

TUESDAY	
6:45-7:30 AM	I Total Gym Total Body Workout (Jen)
9:00-9:55 AM	V Women Strength Train Int (Gabby)
10:05-10:50 AM	V Cardio Dance (Gabby)
6:30-7:30 PM	VI Pilates Mat w/ Props Lvl 3 (Lisa)

FRIDAY	
6:45-7:30 AM	V Ball and Band Class (Jen)
9:00-9:45 AM	VI Cardio Interval Training (Ashley C.)
10:00-11:15 AM	V Yoga (Nancy)
11:00-12:00 PM	V Strength Training Lvl 1 (Ashley C.)

WEDNESDAY	
6:45-7:30 AM	V Ball and Band Class (Jen)
7:00-8:00 AM	I Men's Strength Training (Matt)
9:30-10:15 AM	V Breathe, Move, Relax (Kathryn)
10:30-11:30 AM	V Build. Better Bones: Dance (Grace)
11:30-12:30 PM	VI Pilates 1 (Ashley T.)
6:15-7:15 PM	V TRX/Kettlebell Circuit (Bobby)

SATURDAY	
9:00-10:00 AM	VI Pilates Mat w/ Props Lvl 1-2 (Gayle)
SUNDAY	
10:00-10:45 AM	V Move Groove & Flow (Anna)



SCAN HERE FOR CLASS DESCRIPTIONS AND REGISTRATION