

January 2023

All classes are free to members unless noted otherwise.

Group Exercise – Classes and Programs

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 AM – 6:15 AM Early Riser Strength Kristin Fauci	6:00 AM – 7:00 AM Shed & Shred Erin Buck	5:30 AM – 6:15 AM Early Riser Strength Kristin Fauci	6:00 AM – 7:00 AM *Shed & Shred Erin Buck	5:30 AM – 6:15 AM Early Riser Strength Kristin Fauci		
					8:30 AM – 9:25 AM Weekend Warrior (inside) Alan Hernandez	
				8:30 AM – 9:25 AM Ess. Conditioning Erin Buck		
8:30 AM – 9:25 AM Ess. Conditioning Erin Buck	9:30 AM – 10:20 AM TRX Larry Ruffing	8:30 AM – 9:25 AM Ess. Conditioning Erin Buck	9:30 AM – 10:20 AM TRX Larry Ruffing		9:30 AM – 10:25 AM Zumba Liza Fredrickson	9:00 AM – 9:55 AM Zumba Jayashree Acharia
9:30 AM – 10:25 AM *Beyond Cancer Erin Buck		9:30 AM – 10:25 AM *Beyond Cancer Erin Buck				10:00 AM – 10:55 AM Cardio Kickboxing Darcy Pooler
9:45 AM – 10:40 AM Power Hour Larry Ruffing		9:45 AM – 10:40 AM Power Hour Larry Ruffing		9:45 AM – 10:40 AM Power Hour Larry Ruffing	9:30 AM – 10:30 AM 4th Trimester Amanda Clark	
	10:30 AM – 11:30 AM *Shed & Shred 65+ Larry Ruffing	11:00 AM – 11:45 AM TRX Larry Ruffing	10:30 AM – 11:30 AM *Shed & Shred 65+ Larry Ruffing			
				11:00 AM – 11:45 AM TRX Larry Ruffing		
11:00 AM – 11:45 AM TRX Larry Ruffing		2:00 PM – 3:00 PM Tai Ji Quan Jayachree Acharia				
	12:00 PM – 12:45 PM *Staying Active Brandon Thibodeau		12:00 PM – 12:45 PM *Staying Active Brandon Thibodeau	2:00 PM – 3:00 PM Tai Ji Quan Jayachree Acharia		
			4:30 PM – 5:25 PM Kettleball Strength Amanda Clark			
4:30 PM – 5:30 PM *PALS Hybrid Erin Buck	4:30 PM - 5:25 PM Boot Camp Amanda Clark	5:00 PM - 5:50 PM Cardio Kickboxing Darcy Pooler				
5:00 PM – 5:55 PM Boot Camp Stacey Fisk	6:00 PM – 7:00 PM *Shed & Shred Alan Hernandez	4:30 PM – 5:30 PM *PALS Hybrid Erin Buck	6:00 PM – 7:00 PM *Shed & Shred Alan Hernandez			Special Locations ^ Fitness Floor ~ Outside Class * Training Studio
6:00 PM – 6:55 PM Circuit Training Alan Hernandez	6:15 PM – 7:00 PM TRX Suzanne Lee-Ciambra	6:00 PM – 6:55 PM Circuit Training Alan Hernandez	6:15 PM – 7:00 PM TRX Suzanne Lee-Ciambra	5:00 PM – 5:55 PM Circuit Training Alan Hernandez		

Group Cycling

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	5:30 AM – 6:25 AM Cycling Melanie Viegener		5:30 AM – 6:25 AM Cycling Melanie Viegener			
8:15 AM – 9:10 AM Cycling Liz Storn	8:15 AM – 9:10 AM Cycling Katie Goode	8:15 AM – 9:10 AM Cycling Liz Storn	8:15 AM – 9:10 AM Cycling Katie Goode	8:15 AM – 9:10 AM Cycling Adrienne Pelton	8:15 AM – 9:10 AM Cycling Rotating Instructor	9:00 AM – 9:55 AM Cycling Tyler Bergmeier
6:00 PM – 6:55 PM Cycling Anh Nguyen	5:15 PM – 6:00 PM Cycling Suzanne Lee Ciambra	6:00 PM – 6:55 PM Cycling Tyler Bergmeier	5:15 PM – 6:00 PM Cycling Suzanne Lee Ciambra			

Cancellations: While we do our very best to avoid class cancellations, our schedule is based on our instructor availability. In the event an instructor is injured, ill, or out of town some classes may be canceled. No Call/No Show Policy for Reservations Unless Welcome Desk is notified of a late arrival, if a member arrives more than 5 min. past start time of reservation, and no other spots are available, reservation will be canceled and the spot will become available.