


# Fitness Center Group Exercise Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>5am</b>	5:45 <span style="background-color: yellow;">Cycle (45)</span> Beverly	5:30 <span style="background-color: lightgreen;">HIIT FITT (30)</span> Joel		5:30 <span style="background-color: lightgreen;">HIIT FITT (30)</span> Joel	
<b>6am</b>	6:30 <span style="background-color: lightgreen;">Strength Training</span> Joel	6:30 <span style="background-color: lightgreen;">TRX (45)</span> Joel	6:30 <span style="background-color: lightgreen;">Strength Training</span> Joel	6:30 <span style="background-color: lightgreen;">TRX (45)</span> Joel	6:30 <span style="background-color: lightcoral;">Functional Stretching (45)</span> Joel
<b>8am</b>	8:00 <span style="background-color: lightgreen;">HeartStrong*</span> Lauren 8:15 <span style="background-color: lightblue;">Low Impact Sculpt</span> Beth	7:30 <span style="background-color: lightcoral;">Yoga Basics</span> Young 9:00 <span style="background-color: lightblue;">Adult Conditioning</span> Lauren	8:00 <span style="background-color: lightgreen;">HeartStrong*</span> Joel 8:15 <span style="background-color: lightblue;">Low Impact Sculpt</span> Beverly	7:30 <span style="background-color: lightcoral;">Yoga Basics</span> Young 9:00 <span style="background-color: lightblue;">Adult Conditioning</span> Clinton	8:00 <span style="background-color: lightgreen;">HeartStrong*</span> Joel
<b>9am</b>	9:15 <span style="background-color: lightgreen;">TRX (45)</span> Clinton 9:30 <span style="background-color: lightcoral;">Adaptive Yoga 2</span> Yvette	8:45 <span style="background-color: lightcoral;">Tai Chi</span> Young	9:15 <span style="background-color: lightgreen;">TRX (45)</span> Clinton 9:30 <span style="background-color: lightcoral;">Adaptive Yoga 2</span> Yvette	8:45 <span style="background-color: lightcoral;">Tai Chi</span> Young	9:15 <span style="background-color: lightgreen;">TRX (45)</span> Clinton 9:30 <span style="background-color: lightcoral;">Adaptive Yoga 2</span> Lauren
<b>10am</b>	10:00 <span style="background-color: lightgreen;">HeartStrong*</span> Jessica 10:45 <span style="background-color: lightcoral;">Beginning Tai Chi Moves</span> Yvette 10:45 <span style="background-color: yellow;">Exercise Is Medicine*</span> Joel		10:00 <span style="background-color: lightgreen;">HeartStrong*</span> Jessica 10:45 <span style="background-color: lightcoral;">Beginning Tai Chi Moves</span> Yvette 10:45 <span style="background-color: yellow;">Exercise Is Medicine*</span> Joel		10:00 <span style="background-color: lightgreen;">HeartStrong*</span> Clinton
<b>11am</b>		11:00 <span style="background-color: lightgrey;">COPD* (40)</span> Joel 11:00 <span style="background-color: lightcoral;">Adaptive Yoga 1</span> Lauren 11:00 <span style="background-color: lightgreen;">Heart Fit*</span> Jessica		11:00 <span style="background-color: lightgrey;">COPD* (40)</span> Clinton 11:00 <span style="background-color: lightcoral;">Chair Yoga</span> Yvette 11:00 <span style="background-color: lightgreen;">Heart Fit*</span> Joel	11:00 <span style="background-color: lightgrey;">COPD* (40)</span> Gracie
<b>12pm</b>	12:00 <span style="background-color: lightgreen;">Women's Strength Training</span> Lauren 12:15 <span style="background-color: lightcoral;">Zumba Gold (45)</span> Ingrid	12:00 <span style="background-color: lightgreen;">TRX (45)</span> Clinton 12:45 <span style="background-color: yellow;">Cycle (45)</span> Beverly		12:15 <span style="background-color: lightcoral;">Zumba Gold (45)</span> Ingrid	12:45 <span style="background-color: lightcoral;">Power Yoga</span> Gracie
<b>1pm</b>		1:00 <span style="background-color: lightblue;">Cancer Wellfit*</span> Jessica			1:00 <span style="background-color: lightblue;">Cancer Wellfit*</span> Lauren
<b>2pm</b>					
<b>4pm</b>	4:30 <span style="background-color: lightgreen;">Strength Training (30)</span> Gracie	4:30 <span style="background-color: lightgreen;">Strength Training (30)</span> Aja		4:30 <span style="background-color: lightgreen;">Strength Training (30)</span> Aja	4:30 <span style="background-color: lightcoral;">Barre</span> Laura
<b>5pm</b>	5:00 <span style="background-color: lightgreen;">HeartStrong*</span> Aja 5:30 <span style="background-color: lightblue;">Step &amp; Sculpt (45)</span> Sidney	5:00 <span style="background-color: lightcoral;">Yoga</span> Sibley 5:45 <span style="background-color: yellow;">Cycle (45)</span> Alethia	5:00 <span style="background-color: lightgreen;">HeartStrong*</span> Aja	5:00 <span style="background-color: lightgreen;">HeartStrong*</span> Laura 5:00 <span style="background-color: lightcoral;">Women's Heart Yoga</span> Avril	5:30 <span style="background-color: lightgreen;">TRX (45)</span> Aja
<b>6pm</b>	6:15 <span style="background-color: yellow;">Exercise Is Medicine*</span> Gracie 6:30 <span style="background-color: lightgreen;">TRX (45)</span> Aja	6:00 <span style="background-color: lightgreen;">Cardio &amp; Core</span> Aja	6:15 <span style="background-color: yellow;">Exercise Is Medicine*</span> Gracie 6:30 <span style="background-color: lightgreen;">TRX (45)</span> Aja	6:30 <span style="background-color: lightcoral;">Correlation Yoga</span> Melita	6:15 <span style="background-color: lightcoral;">Functional Stretching (45)</span> Aja
					
	<b>Saturday</b>	<b>Sunday</b>			<b>Color Key</b> <span style="background-color: yellow; border: 1px solid black; display: inline-block; width: 20px; height: 10px;"></span> Gymnasium <span style="background-color: lightgreen; border: 1px solid black; display: inline-block; width: 20px; height: 10px;"></span> Train Station <span style="background-color: lightcoral; border: 1px solid black; display: inline-block; width: 20px; height: 10px;"></span> Mind Body Studio <span style="background-color: lightblue; border: 1px solid black; display: inline-block; width: 20px; height: 10px;"></span> Group Exercise Studio <span style="background-color: yellow; border: 1px solid black; display: inline-block; width: 20px; height: 10px;"></span> Open Fitness Area <span style="background-color: lightgrey; border: 1px solid black; display: inline-block; width: 20px; height: 10px;"></span> Virtual *Medical clearance required All classes 60 minutes unless otherwise noted
	8:15 <span style="background-color: yellow;">Cycle (45)</span> David 9:15 <span style="background-color: lightcoral;">Pilates</span> Freddy 11:30 <span style="background-color: lightcoral;">Yoga</span> Melita	12:15 <span style="background-color: lightgreen;">Strength Training (45)</span> Various 1:00 <span style="background-color: lightgreen;">Cancer Wellfit*</span> Laura 1:15 <span style="background-color: lightcoral;">Beginning Tai Chi Moves</span> Yvette 2:30 <span style="background-color: lightcoral;">Yoga</span> Yvette	<b>Last updated: 10/5/21</b>		