


## Fitness Center Studio Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>5am</b>		5:15 Barre * Sharrell		5:15 Barre * Sharrell	
	5:45 Spin Beverly	5:45 Spin * Gwen	5:45 Spin * Beverly	5:45 Spin & Sculpt * Griffin	5:45 Spin * Beverly
<b>6am</b>		6:00 Creative Cardio Adrian	6:00 Barre Sharrell	6:00 Creative Cardio Adrian	
<b>7am</b>	7:15 Tai Chi 2 Ty	7:45 Correlation Yoga 1 Cari	7:15 Tai Chi 1(B) Ty	7:45 Correlation Yoga 1 Maya	
<b>8am</b>	8:00 HeartStrong + Sharon		8:00 HeartStrong + Sharon		8:00 HeartStrong + Sharrell
<b>9am</b>	9:00 TRX * Clinton	9:00 Adult Conditioning Lauren	9:00 TRX * Clinton	9:00 Adult Conditioning Clinton	9:00 TRX * Clinton
	9:00 Low Impact Sculpt Beth		9:00 Low Impact Sculpt Kim		9:00 Low Impact Sculpt (B) Beverly
	9:15 Restorative Yoga (B) Lauren		9:15 Restorative Yoga (B) Noah		9:15 Restorative Yoga (B) Lauren
<b>10am</b>	10:00 HeartStrong + Sharrell	10:00 HeartFit + Sharrell	10:00 HeartStrong + Clinton	10:00 HeartFit + Clinton	10:00 OBF Mom&Baby § Allison
		10:00 Restorative Yoga (B) Noah		10:00 Restorative Yoga (B) Lauren	10:00 HeartStrong + Joel
			10:30 OBF Yoga § Ashlee		10:30 Power Yoga (75) Mimi
<b>11am</b>	11:00 Barre * Sharrell	11:00 COPD (75) + Joel	11:00 HIIT FITT(30) Joel	11:00 COPD (75) + Sharrell	11:00 COPD (75) + Noah
	11:00 HeartFit + Lauren	11:00 Restorative Yoga (B) Noah	11:00 HeartFit + Lauren	11:00 Restorative Yoga (B) Lauren	
	11:45 Spin * Gerald		11:45 Spin * Gerald	11:30 HIIT FITT (30) Joel	
<b>12pm</b>	12:00 Power Yoga Noah	12:00 Circuit Training * Hassan		12:00 Spin * Gerald	
	12:30 TRX * Joel	12:00 Spin * Beverly	12:30 Cardio Kickboxing Gerald	12:30 Zumba Gold * (B) Beverly	
	12:30 Cardio Kickboxing Gerald	12:30 Zumba Gold * (B) Jennifer			
<b>1pm</b>		1:00 Cancer Wellfit Clinton	1:00 Pink Wellfit + Noah	1:00 Healthy Directions § Clinton 1:00 Body Sculpting * Gerald	1:00 Cancer Wellfit + Joel
<b>2pm</b>			2:00 PINK/Support Group.+ Noah/AV		2:00 PINK + Lauren
<b>4pm</b>	4:15 TRX * Noah		4:15 TRX * Noah		
	4:30 Zumba Salsa Fusion* Carol	4:30 Body Sculpting * Jamal	4:30 Cardio Mix * Mike	4:15 Kickboxing * Cat	4:30 Barre * Laura
<b>5pm</b>	5:00 HeartStrong + Inbar	5:15 15min Abs Laura	5:00 HeartStrong + Inbar	5:00 HeartStrong + Laura	
		5:30 Body Sculpting * Jamal	5:15 15min Abs Kelly	5:30 Zumba/Salsa * Serena	5:30 Tai Chi 1 (B) Ty
	5:30 Step & Sculpt * Sidney		5:30 Zumba * Kandice		5:30 TRX * Laura
	5:45 Spin * Jackie	5:45 Spin * Altheia	5:30 Spin * Mike	5:45 Spin * Adrian	
<b>6pm</b>	6:30 Correlation Yoga1 Melita	6:00 Women's Heart Pilates Jayne	6:15 Bounce Fitness § Kandice	6:00 Women's Heart Yoga Avril	<b>Please Note:</b> * Denotes 45 min class All other classes are 60 minutes § Registration or additional cost + Medical clearance required (B) Beginner
	6:30 TRX * Inbar	6:30 Functional Stretching * Inbar	6:30 Extreme 90x Mike	6:30 Kickboxing Cat	
	6:30 OBF PrenatalCombo§ Nadira	6:45 TRX * Laura	6:30 Pilates Jayne		
<b>7pm</b>	7:15 Extreme 90x * Mike			7:15 Correlation Yoga 1 Melita	
	7:30 OBF Pilates § Catherine				
	Saturday	Sunday	 <p style="text-align: right;">Last updated: 3/7/19</p>		Color Key
	8:45 Spin * Griffin	12:15 Functional Stretching * Nate			Group Exercise Studio
	9:00 Pilates Adrian	1:00 Cancer Wellfit + Nate			Mind Body Studio
	9:15 OBF Prenatal Combo § Sarah	2:00 PINK + Laura			Train Station
	10:15 OBF Mom & Baby § Sarah	3:30 Power Yoga Matt			Spin
	10:15 Extreme Brunch Wkout Adrian				
	10:30 Correlation Yoga 2 Melita				