

# September Group Fitness & Programs Schedule

Studio I, 5th floor

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI DAY	SATURDAY	SUNDAY
6:00-7:00AM Cardio Mix & Stretch Mele	6:00-7:00AM Muscle Conditioning Glynis	6:00-7:00M Step I & II Chris	6:00-7:00AM Muscle Conditioning Glynis			
				7:00-8:00AM Stretch Evelia	8:00-9:00am Step 11 & III Chris	
8:30-9:30AM Kick Box Richard	8:30-9:30AM Muscle Conditioning Julia	8:30-9:30AM Sports Conditioning Mele	8:30-9:30AM Muscle Conditioning Mele	8:30-9:30AM Kick Box Richard	9:00-10:00AM The Nia Technique Sharlene	8:30-9:30AM Low Impact Aerobics Chris
9:45-11:00AM Ballet Level II Marie	9:45-10:45AM Dynamic Stretching Richard		9:45-10:45AM Stretch & Relax Stuart	9:45-11:00AM Ballet Level I Marie	10: 00-11: 15AM Muscle Conditioning Kathy	9:30-10:30AM Muscle Conditioning Richard
*11 : 00-12: 00PM Pilates on the Ball Karen	11:30-12:30PM Nia Technique Renee	*11:00-12:00PM Pilates on the Ball Intern w/Karen	11:30-12:30PM Nia Technique Sharlene	*11:00-12:00PM Pilates on the Ball Cheryl	11:20-12:20PM Dynamic Stretching Richard	10:45-11:45AM Universal Chi Stuart
**12:15-1:30PM Yoga Basics Paula		12:15-1:15PM Latin Cardio Combo Pam		<b>FREE WORKSHOP</b> 12:00-1:00PM Self Myofascial Release Anthony Chrisco 9/12 Reg. Req'd		
		4:30-5:30PM Stability & Strength Ball w/Diana	4:00-5:00PM Butts 'n Guts I & II Fabe	4:30-5:30PM Speed & Stability Janna	12:30-1:30PM Kick Box Richard	
5:00-6:00PM Classic Aerobics Chris	4:30-5:30PM Bootcamp Trevor	5:30-6:30PM The Nia Technique Sharlene	5:00-6:00PM Bootcamp Brad	5:30-6:30PM Drums Alive Karen		
6:00-7:00PM Muscle Conditioning Kathy	6:00-7:00PM Capoeira Payment Req'd	6:30-7:30PM Tahitian Payment Req'd	6:00-7:00PM Jazz Julia			

**TANGO: Tango for Beginners** Wednesday, September 3, 10, 17, 24/ 7:30-8:30pm  
**Intermediate Tango Classes** Thursday, September 4, 11, 19, 25/ 7:30-9:30pm / Tango experience necessary  
**Advanced Tango Classes** Saturday, September 6, 13, 20, 27 / 5:00-7:00pm / Intermediate or advance experience necessary  
 Registration required / No refunds or carryover

**TAHITIAN CLASSES:** Wednesdays, September 3, 10, 17, 24 / 6:30- 7:30 pm Studio 1 / 5th floor  
 No refunds or carryovers

## PILATES

11:00-12:00PM Pilates on the Ball Studio 1 Karen		11:00-12:00PM Pilates on the Ball Intermediate Studio I Karen	1:00-2:00PM Pilates 4 Back September 18 Studio 1/Cheryl		8:45-9:45AM Mat Class/ Club Room Registration Req'd	
	12:30-1:30PM Pilates on the Mat September 16 Irene	11:30-12:30PM Mat Class Club Room Registration Req'd	12:30-1:30PM Discover Pilates September 25/Studio 1 Lynette	11:00-12:00PM Pilates on the Ball Studio 1 Cheryl		
5:30-6:30PM Mat Class/Club Rm Registration Req'd			5:30-6:30PM Mat Class/Club Rm Registration Req'd			

Registration Req'd at the front desk 543.3908

## Studio 2, 6th floor

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI DAY	SATURDAY	SUNDAY
5:45-6:45AM Studio Cycling Erika		5:45-6:45AM Cycle Circuit KC				
	7:00-8:00AM Studio Cycling Lee-Ann	7:00-8:00AM Stretch Stuart	7:30-8:30AM Studio Cycling Raul		8:00-9:00AM Studio Cycling Blythe	8:30-9:30AM Studio Cycling Karen
12:00-1:00PM Studio Cycling Raul		12:00-1:00PM Studio Cycling Joanne/Stephanie		12:00-1:00PM Studio Cycling Peter/Joanne	10:45-11:45AM Jazz Pam	10:00-11:00AM Jazz Marie
				3:30-5:15PM Boxing Privates Payment Req'd	12:00-1:30PM Intermediate Belly Dance Sept 13- 27 Payment Req'd	
5:00-6:00PM Foam Roller Fabe	5:30-6:30PM Studio Cycling Reneau	5:00-6:30PM Cycle Yoga Erika & Kate	5:30-6:30PM Kickbox Bootcamp Richard	5:30-6:30PM Studio Cycling Erika	<b>Jiu-Jitsu classes:</b>  <b>Group classes: TUES 8-9am 6-7pm</b>  <b>Privates also available!</b>	
6:00-7:00PM Stretch & Relax Sundae	7:00-8:30PM Beginner Belly Dance Sept 2- 23 Payment Req'd	6:30-7:45PM Ballet Level I Marie				

## YOGA STUDIO - 5th Floor

7:00-8:00AM Iyengar Yoga I Evelia	7:15-8:15AM Vinyasa Yoga I & II Murti	6:30-8:00AM Iyengar Yoga II Evelia	7:15-8:15AM Vinyasa Yoga I & II Murti	5:55-6:55AM Iyengar Yoga I Evelia	8:30-9:30AM Stretch Richard	8:30-10:00AM Vinyasa Yoga I & II Bridgitte
			12:15-1:30PM Ashtanga Yoga I Zachary	11:00-12:00PM Gentle Yoga Sundae	10:15-11:30AM Vinyasa /All Levels Nadia	10:30-12:00PM Vinyasa Yoga III Bridgitte
**12:15-1:30PM Yoga Basics Studio 1 w/Paula	12:15-1:30PM Vinyasa Yoga All levels w/Murti	12:15-1:30PM Vinyasa Yoga II & III Sarah		12:15-1:30PM Ashtanga Yoga I Zachary	12:00-1:30PM Vinyasa Yoga I & I I & Meditation Nadia	
5:30-6:45PM Ashtanga Yoga I & II Joanne	6:15-7:15PM Vinyasa Yoga I & II Sundae		6:30-7:45PM Vinyasa All Levels Paula			

\* Also reflected on Pilates Schedule \*\* Also reflected on Yoga Studio

## POOL - 7th Floor

	2:30-3:00PM Adult Swimming Lessons Payment Req'd		2:30-3:00PM Adult Swimming Lessons Payment Req'd		9:00-10:00AM Aqua Splash Chris	9:00-10:00AM Aqua Fitness Antonella
5:00-6:00PM Aqua Fitness Antonella	5:00-6:00PM Aqua to the Core Janna		5:00-6:00PM Aqua Cardio Plus Chris			4:00-4:30PM Adult Swimming Lessons Payment Req'd

- > Class instructors, formats, locations, and times are subject to change.
- > Please contact the Hospitality Desk at **543.3908** for updates on changes.
- > Monthly schedule changes are in **BOLD BOXES**.

**Group Fitness and Programs Manager: Bianca Moxey 543.3970**

