

# Group X Calendar

Period	Sun	Mon	Tue	Wed	Thu	Fri	Sat
1st Period		5:30am-6:30am <b>Spinning</b> w/ Jana 6:00am-6:50am <b>Tabata</b> w/ Eric	5:45am - 6:30am <b>Yoga for Grunts</b> w/ JC (R1) 7:30am - 8:15am <b>TRX /BOSU (R1)</b> w/ Jamie	5:45am-6:45am <b>Spinning</b> w/Stacie	6:00am-7:00am <b>Spartan Warrior</b> w/ Eric	5:45am - 6:30am <b>Spinning</b> w/Alan	
2nd Period	8:15am-9:15am <b>Yoga (R1)</b> <b>"Vinyasa Flow"</b> w/ Kristi 8:30am - 9:30am <b>Spinning</b> w/Danny	9:00am-9:45am <b>Spinning</b> w/Jamie 9:00am- 10:00am <b>Boot Camp</b> w/ Chris (track) 9:00am- 9:50am <b>Zumba</b> w/ Jen (R2)	9:00am-9:45am <b>Spinning</b> w/Valerie 9:00am - 9:50am <b>Cardio Kickboxing</b> w/Dani (R2) 10:15am - 11:00am <b>Yoga for Grunts</b> w/ JC (R1)	9:00am-9:45am <b>Spinning</b> w/JoAnn 9:00am-9:50am <b>BOSU Total Body</b> w/ Jamie (R2) 10:00am-10:50am <b>Cardio Boot Camp</b> w/ Bob (R2)	8:30am-9:15am or 9:30am-10:15am <b>TRX</b> w/Jamie (R1) 9:15am - 10:05am <b>Zumba</b> w/Jen (R2) 9:15am - 10:15am <b>Spinning</b> w/Stacie	9:00am-9:45am <b>Spinning</b> w/Jamie 9:00am-9:50am <b>Power Pump</b> w/Peggy (R2) 9:00am-10:00am <b>"Yoga Mix"</b> w/Lisa (R1)	8:30am-9:30am <b>Spinning</b> w/Maggie or Holly  10:00am - 11:00am <b>Yoga (R1)</b> <b>"Vinyasa Flow"</b> w/ David
3rd Period		10:00am- 10:30am <b>Core Values</b> w/Val (R2) 10:00am-11:00am <b>Yoga</b> w/ Emily (R1)	10:00am - 10:45am <b>Tabata</b> w/ Jamie (R2) 11:15am - 12:00pm <b>Senior Fitness</b> w/ Chris (R2)	10:00am-11:00am <b>Mat Pilates (R1)</b> w/Francesca	10:30am-11:30am <b>Pilates</b> w/ LuAnn (R1)	10:15am-11:00am <b>SpinnerVals</b> w/ Valerie 11:15am - 12:00pm (R2) <b>Senior Fitness</b> w/ Chris (R2)	9:00am - 10:00am <b>Zumba (R2)</b> w/ Amity
Lunch Break							
4th Period		4:30pm-5:20pm <b>Kickboxing/Pilates</b> <b>on Stability Ball</b> w/ Dani (R2) 5:45pm-6:30pm <b>TRX</b> w/Bob (R1)	4:30pm - 5:30pm <b>"Yoga Mix"</b> w/Lisa (R1) 5:45pm-6:30pm <b>TRX</b> w/Bob (R1)	4:30pm - 5:30pm <b>Yoga</b> w/ Janine (R1) 6:00pm-6:45pm <b>Spinning</b> w/Alan	5:30pm-6:15pm <b>Zumba Gold (R2)</b> w/ Virginia 5:30pm-6:30pm <b>Kettlebell (track)</b> w/ Shelley	4:30pm-5:20pm <b>Zumba (R2)</b> w/ Amity	
5th Period		6:00pm-6:45pm <b>Tabata</b> w/J.C. (R2) 6:00pm-7:00pm <b>Spinning</b> w/ JoAnn	6:00pm - 7:00pm <b>Zumba</b> w/ Sarah (R2) 6:00pm - 7:00pm <b>Spinning</b> w/ Maggie	6:00pm - 6:45pm <b>Tabata or Boot</b> <b>Camp</b> w/JC or Chris (R2)	6:00pm - 7:00pm <b>PiYo</b> w/ Maggie (R1)	5:45pm - 6:35pm <b>Bob's Boot Camp (R2)</b> 6:45pm-7:45pm <b>"Gentle Yoga"</b> (R1) w/ Sue	