

# SEPTEMBER 2019 GROUP EXERCISE & SPINNING

\*Modified schedule on Monday September 1st (Labor Day)\*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30AM <b>SHORE CIRCUIT</b> Nicole	5:30AM <b>WTF</b> Whisky Tango Foxtrot Nicole	5:30AM <b>SUNRISE CIRCUIT</b> Nicole	5:30AM <b>BODYPUMP</b> Nicole 9/12,9/19 Ryan 9/5,9/26	5:30AM <b>SPINNING 30</b> Nicole	8:30AM <b>FUSION</b> Marybeth 9/7 Donna 9/14,9/28 Nicole 9/21	9/19/15 8:30AM <b>HIIT</b> Jerry
8:45AM <b>BODYSTEP</b> Courtney	8:15AM <b>LOW IMPACT</b> Marybeth	8:00AM <b>CARDIO FIT</b> Tami Andrea 9/4 Marybeth 9/11	8:45AM <b>SHORE CIRCUIT</b> Lauren	6AM <b>CXWORX</b> Nicole	8:30AM <b>BODYSTEP</b> Patrick 9/7 Heather 9/14 Chirs 9/21,9/28	9/8,9/22 8:30AM <b>BODYPUMP</b> Ryan
9:15AM <b>SPINNING 30</b> Lauren	8:30AM <b>TRX FIT 30 MINUTES</b> Erin 9/3 Ruan 9/10,9/17,9/24	8:45AM <b>HIGH FITNESS</b> Courtney	9:30AM <b>#FREESTYLE (STEP)</b> Lauren	8:00AM <b>CARDIO FIT</b> Andrea	9:30AM <b>BODYPUMP</b> Patrick 9/7 Robby 9/14,9/28 Ryan 9/21	9/29 8:30AM <b>XTREME HIP HOP</b> Chirs
9:45AM <b>PUMP &amp; TONE</b> Lauren		9:15 AM <b>CXWORX</b> Courtney		8:45AM <b>BODYSTEP</b> Courtney <b>FREESTYLE STEP</b> Marybeth 9/27	 <p style="text-align: center;"><b>Studio Key</b></p> <p style="text-align: center;"><b>STUDIO ONE</b></p> <p style="text-align: center;"><b>CYCLING/TRX STUDIO</b></p>	
4:30PM <b>BODYPUMP</b> Nicole Ryan 9/9	4:30PM <b>SPINNING 30</b> Courtney	4:45PM <b>BODYPUMP</b> Nicole 9/4,9/18 <b>PUMP&amp;TONE</b> Jerry 9/11,9/25	★ 4:30PM <b>HIGH FITNESS</b> Rotation	9:45AM <b>PUMP &amp; TONE</b> Marybeth		
5:30PM <b>BODYSTEP</b> Chris Patrick 9/16	5:00PM <b>CXWORX</b> Nicole	5:30PM <b>XTREME HIP HOP STEP</b> Chris/HEATHER	5:00PM <b>BODYSTEP</b> Heather 9/5,9/26 Chris 9/12 Patrick 9/19			
5:30PM <b>SPINNING</b> Nicole Lauren 9/9	5:30PM <b>BODYPUMP</b> Patrick Ryan 9/24	★ 5:30PM <b>SHORE CIRCUIT</b> Nicole	5:30PM <b>CXWORX</b> Patrick Courtney 9/26			
6:30PM <b>KICK &amp; SCULPT</b> Jerry	★ 6:35PM <b>ZUMBA</b> Lisa		★ 5:30PM <b>FUSION</b> Donna Marybeth 9/19			

## September HAPPENINGS

\*New look for our schedule! We've received feedback that the old format was a little hard to read... We have now merged both studio schedules into one! The blue boxes reflect the Cycling/TRX studio.

\*Take a look at some of the class changes this month. There will be a star by the change!

\*Labor Day Hours: 7am -12pm

845 BodyStep 915 Spinning 945 Pump & Tone 10:35 BodyFlow

## WHAT TYPE OF CLASSES ARE YOU LOOKING FOR?

### LOW IMPACT CLASSES

CARDIO FIT  
LOW IMPACT  
TRX FIT

A lot of our classes fall under both or in between some of these categories!

### IN BETWEEN LOW IMPACT & HIGH ENERGY

BODYPUMP  
PUMP&TONE  
SPINNING  
CXWORX  
FUSION

### HIGH ENERGY BODYSTEP

HIGH FITNESS  
KICK & SCULPT  
FREESTYLE STEP  
SHORE CIRCUIT  
XTREME HIP HOP  
HIIT