

FALL 2017 GROUP FITNESS SCHEDULE (8/28-12/11)*

MON	TUE	WED	THU	FRI	SAT	SUN
EPPLEY RECREATION CENTER FITNESS STUDIO (#0105)						
7:15-8:20 AM BODYPUMP™ Kerry/Paulina	6:30-7:25 AM PILATES Sue	7:15-8:20 AM BODYPUMP™ Kerry/Johnson	6:30-7:25 AM HIIT Kerry/Maille	7:15-8:20 AM BODYPUMP™ Kerry/Paulina	NO CLASSES	5-5:55 PM BOOTCAMP Kaila/Monique
NOON-1:05 PM BODYPUMP™ Tami	NOON-1 PM BODYCOMBAT™ Tami	NOON-1:05 PM BODYPUMP™ Bre	NOON-1 PM BODYCOMBAT™ Tami	NOON-1:05 PM BODYPUMP™ Tami		6-6:55 PM DANCE FIT Amory/Johnathon
5:10-5:50 PM BODYSHRED™ Jacklyn	4:25-4:55 PM CX WORX™ Tami	5-5:55 PM BOOTCAMP Kaila/Maille	4:25-4:55 PM CX WORX™ Christy	3-3:55 PM BEGINNER YOGA FLOW Tami		7-8 PM BODYCOMBAT™ Cairan/Tina
6-6:55 PM BARRE Libby	5-5:55 PM ZUMBA® Allison/Maggie	6-6:55 PM BARRE Libby	5-5:55 PM ZUMBA® Alina/Maggie	4-5 PM BODYCOMBAT™ Laila A/Monique		8:05-9 PM BARRE Amelia
7:05-8:10 PM BODYPUMP™ Rebekah/Miriam	6-6:55 PM HIIT Kaila/Monique	7:05-8:10 PM BODYPUMP™ Miriam/Christy	6-6:55 PM HIIT Kaila/Jessica	5:10-5:50 PM BODYSHRED™ Jen		9:10-10:15 PM BODYPUMP™ Meghan/Anna
8:25-8:55 PM CX WORX™ Rebekah	7-8 PM BODYCOMBAT™ Lindsey	8:25-8:55 PM CX WORX™ Caitlyn	7-8 PM BODYCOMBAT™ Lindsey	6-6:55 PM DANCE FIT Amory/Morgan		
9-9:55 PM DANCE FIT Johnathon/Amory	8:05-9 PM BARRE Amelia	9-9:55 PM ZUMBA® Amory/Jessica	8:05-9 PM BARRE Melanie			
	9:10-10:15 PM BODYPUMP™ Laila A/Miriam		9:10-10:15 PM BODYPUMP™ Anna/Sabrina			
ERC FUNCTIONAL TRAINING STUDIO						
NOON-1 PM KETTLEBELL WORKOUT Emily	NOON-1 PM TRX WORKOUT Dan	6-7 PM KETTLEBELL WORKOUT Brady	NOON-1 PM FUNCTIONAL TRAINING BOOTCAMP Malisa	NOON-1 PM KETTLEBELL WORKOUT Jake	NO CLASSES	NO CLASSES
5:30-6:30 PM FUNCTIONAL TRAINING BOOTCAMP Kevin/Abby	5:30-6:15 PM CORE CONDITIONING Emily/Kevin	7-7:45 PM CORE CONDITIONING Joey/Cairan	5-6 PM TRX WORKOUT Jay/Carri	4-5 PM FT BOOTCAMP Cairan/Joey		
ERC NATATORIUM STUDIO						
5:30-6:25 PM YOGA FLOW Jen	7:15-8:10 AM YOGA FLOW June	7:15-8:10 AM YOGA STRENGTH Maddie P	7:15-8:10 AM YOGA FLOW June	NO CLASSES	NO CLASSES	NO CLASSES
8-8:55 PM YOGA STRENGTH Maddy S	5:30-6:25 PM YOGA STRENGTH Maddy S	8-8:55 PM YOGA STRENGTH Maddie P				
	8-8:55 PM YOGA FLOW Sam H					
RECWELL CYCLING STUDIO AT REGENTS (#0504C)						
5:15-6:10 PM CYCLE 55 Beth	7:15-8 AM CYCLE 45 Beth	7:15-8 AM CYCLE 45 Summer/Jordan P	7:15-8 AM CYCLE 45 Summer	3-3:55 PM CYCLE 55 Jen	10-10:55 AM THEMED CYCLE 55 **Schedule below	5:15-6 PM CYCLE 45 Emily
6:45-7:30 PM CYCLE 45 Jordan	5:15-6 PM CYCLEYO Jen	5:15-6:10 PM CYCLE 55 Emily	5:15-6 PM CYCLEYO Jen			
	6:45-7:30 PM CYCLE 45 Emily	6:45-7:30 PM CYCLE 45 Beth	6:45-7:30 PM CYCLE 45 Laila Z			
RECWELL MULTIPURPOSE STUDIO AT REGENTS (#0504E)						
7:15-8:15 AM BODYCOMBAT™ Kal	7:15-8:20 AM BODYPUMP™ Jacklyn	7:15-8:15 AM BODYCOMBAT™ Kal	7:15-8:20 AM BODYPUMP™ Jacklyn	7:15-8:15 AM BODYCOMBAT™ Kal	10-11:05 AM BODYPUMP™ Rebekah/Johnson	NO CLASSES
4:15-5:10 PM YOGA STRENGTH Grace	12:15-1:10 PM YOGA FLOW Dianne	4:15-5:10 PM YOGA FLOW Tami	12:15-1:10 PM YOGA FLOW Dianne	4:15-5:10 PM YOGA STRENGTH June		
5:30-6:35 PM BODYPUMP™ Sabrina	5-6 PM BODYCOMBAT™ Alanna	5:30-6:35 PM BODYPUMP™ Tami	5-6 PM BODYCOMBAT™ Miriam	5:30-6:35 PM BODYPUMP™ Anna		
7-7:55 PM ZUMBA® Allison/Jessica	6:05-6:35 PM YOGA EXPRESS Jen	7-7:55 PM ZUMBA® Natasha	6:05-6:35 PM YOGA EXPRESS Jen			
8-8:55 PM BODYCOMBAT™ Monique/Cairan	6:45-7:50 PM BODYPUMP™ Alanna	8-9 PM BODYCOMBAT™ Rebekah	6:45-7:50 PM BODYPUMP™ Alanna			
	8-8:55 PM DANCE FIT Morgan/Jessica		8-8:55 PM DANCE FIT Johnathon/Morgan			
RITCHIE COLISEUM MULTIPURPOSE ROOM (#0114)						
4:15-5:20 PM BODYPUMP™ Alanna	5:15-6:20 PM BODYPUMP™ Christy	4:15-5:20 PM BODYPUMP™ Meghan	5:15-6:20 PM BODYPUMP™ Paulina/Johnson	4:15-5:20 PM BODYPUMP™ Sabrina	11-11:55 AM YOGA FLOW Sam H	NO CLASSES
5:35-6:35 PM BODYCOMBAT™ Alanna	6:30-7 PM CX WORX™ Christy	5:35-6:35 PM BODYCOMBAT™ Tina	6:30-7 PM CX WORX™ Caitlyn	5:35-6:35 PM BODYCOMBAT™ Cairan/Tina		
6:45-7:40 PM YOGA STRENGTH Anna B		6:45-7:40 PM YOGA FLOW Anna B				

*NO CLASSES: 9/4, 11/21(BEGINNING AT 1 PM)-11/26

**SATURDAY CYCLE 55 SCHEDULE

9/2	Welcome Back (Summer)	10/14	Battle of the Bands: Boy Bands vs. Girl Bands (Beth)	11/18	Battle of the Artists: Sia vs. Calvin Harris (Laila Z)
9/9	Early 2000's (Emily)	10/21	Halloween (Laila)	12/2	Club Cycle (Summer)
9/16	Hamilton (Jordan)	10/28	Homecoming (Jordan)	12/9	Pop Queens (Jen)
9/23	80's (Jen)	11/4	Movie Theme (Jen)		
9/30	90's (Jordan)	11/11	Evolution of Miley Cyrus (Beth)		
10/7	Rave (Emily)				

