

SPRING 2019 GROUP FITNESS SCHEDULE JAN 28–MAY 14 (NO CLASSES SPRING BREAK (MAR 17 - 24))

MON	TUE	WED	THU	FRI	SAT	SUN
EPPLEY RECREATION CENTER FITNESS STUDIO #0105						
7:15–8:20 AM BODYPUMP™ Morgan T	6:30–7:25 AM BARRE Sue S	7:15–8:20 AM BODYPUMP™ Morgan T	6:30–7:25 AM BARRE Jenna T	7:15–8:20 AM BODYPUMP™ Sarah G	NO CLASSES	6–6:55 PM DANCEFIT Tatiana T/Ryan J
NOON–1:05 PM BODYPUMP™ Tami L	NOON–1 PM BODYCOMBAT™ Tami L	NOON–1:05 PM BODYPUMP™ Tami L	NOON–1 PM BODYCOMBAT™ Kal L	NOON–1:05 PM BODYPUMP™ Tami L		7:05–8 PM BARRE Anisah I
4:30–5:15 PM HIIT Jessica P	4:30–5 PM CX WORX™ Ashley R	4:30–5:15 PM HIIT Sarah G	4:30–5 PM CX WORX™ Jessica P	3:25–4:20 PM BARRE Sam P		8:10–9:15 PM BODYPUMP™ Paulina B
5:25–5:55 PM CX WORX™ Jacklyn G	5:10–6:05 PM BARRE Ashley R	5:25–5:55 PM CX WORX™ Jessica P	5:10–6:05 PM BARRE Jessica P	4:30–5:15 PM HIIT Maille O		
6:05–7:00 PM ZUMBA® Sam Y/Tatiana T	6:15–7 PM HIIT Maille O	6:05–7 PM ZUMBA® Jessica P/Ryan J	6:15–7 PM HIIT Maille O	5:25–6:25 PM BODYCOMBAT™ Sammy B/Jessica P		
7:10–8:15 PM BODYPUMP™ Rebekah E	7:10–8:10 PM BODYCOMBAT™ Lindsey R/Kal L	7:10–8:15 PM BODYPUMP™ Rebekah E	7:10–8:10 PM BODYCOMBAT™ Lindsey R			
8:25–9:20 PM BARRE Ryan J	8:20–9:15 PM DANCEFIT Sloane M	8:25–9:20 PM BARRE Anisah I	8:20–9:15 PM DANCEFIT Johnathon O			
9:30–10:25 PM DANCEFIT Sloane M	9:25–10:30 PM BODYPUMP™ Louie G	9:30–10:25 PM BODYPUMP™ Amory T	9:25–10:30 PM BODYPUMP™ Valeria M			
EPPLEY RECREATION CENTER FUNCTIONAL TRAINING STUDIO #0113						
5:30–6:30 PM FT BOOTCAMP Maille O	NOON–1 PM TRX WORKOUT Kevin Y	5:30–6:30 PM KETTLEBELL FLOW Kamy N	NOON–1 PM FT BOOTCAMP Doug P	NOON–12:45 PM CORE CONDITIONING Kazine K	NO CLASSES	5:30–6:15 PM CORE CONDITIONING Joey P
EPPLEY RECREATION CENTER NATATORIUM STUDIO #B0158						
7:15–8:10 AM YOGA STRENGTH Bess B	7:15–8:10 AM YOGA BEGINNER Maggie Y	7:15–8:10 AM YOGA ADVANCED June S	7:15–8:10 AM YOGA BEGINNER Julia C	NO CLASSES	NO CLASSES	NO CLASSES
5:30–6:25 PM YOGA STRENGTH Katherine L	5:30–6:25 PM YOGA STRENGTH Grace D	5:30–6:25 PM YOGA RESTORE & MEDITATE Maddie P				
8–8:55 PM YOGA RESTORE & MEDITATE Jemma L	7:30–8:25 PM YOGA RESTORE & MEDITATE Rory S	8–8:55 PM YOGA STRENGTH Anna B				
RECWELL CYCLING STUDIO AT REGENTS #0504C						
7:15–8 AM CYCLE 45 Kaitlyn M	7:15–8 AM CYCLE 45 Cierra J	7:15–8 AM CYCLE 45 Nick K	7:15–8 AM CYCLE 45 Cierra J	3:15–4 PM CYCLE 45 & YOGA STRENGTH Laila Z	10–10:55 AM THEMED CYCLE 55 *Schedule below	11–11:55 AM CYCLE 55 Nick K
5:35–6:20 PM CYCLE 45 & CORE Laila Z	5:15–6 PM CYCLE 45 Delaram T	5:35–6:20 PM CYCLE 45 & CORE Chase L	5:15–6 PM CYCLE 45 Kaitlyn M			5:15–6 PM CYCLE 45 Cierra J
7–7:45 PM CYCLE 45 Nicole K	6:30–7:25 PM CYCLE 55 Nick K	7–7:45 PM CYCLE 45 Nicole K	6:30–7:25 PM CYCLE 55 Ashley R			
RECWELL MULTIPURPOSE STUDIO AT REGENTS #0504E						
7:15–8:15 AM BODYCOMBAT™ Kal L	7:15–8:20 AM BODYPUMP™ Jacklyn G	NOON–12:55 PM YOGA RESTORE & MEDITATE Katherine L	7:15–8:20 AM BODYPUMP™ Jacklyn G	NOON–12:55 PM YOGA RESTORE & MEDITATE Grace T	10–11:05 AM BODYPUMP™ Nusheen M	5:10–6:15 PM BODYPUMP™ Louie G
NOON–12:55 PM YOGA RESTORE & MEDITATE June S	NOON–12:55 PM YOGA ADVANCED Grace D	4:05–5:00 PM YOGA BEGINNER Geneva J	NOON–12:55 PM YOGA BEGINNER Lynn M	4:05–5 PM YOGA STRENGTH Rory S	11:15 AM–12:15 PM BODYCOMBAT™ Rebekah E	8–8:55 PM YOGA RESTORE & MEDITATE Katherine L
4:05–5:00 PM YOGA ADVANCED Geneva J	4:05–5 PM YOGA STRENGTH Julia C	5:10–6:15 PM BODYPUMP™ Paulina B	4:05–5 PM YOGA RESTORE & MEDITATE Rory S	5:10–6:15 PM BODYPUMP™ Louie G	12:25–1:15 PM YOGA RESTORE & MEDITATE Geneva J	
5:10–6:15 PM BODYPUMP™ Paulina B	5:05–6:05 PM BODYCOMBAT™ Asia W	6:25–6:55 PM CX WORX™ Ashley R	5:05–6:05 PM BODYCOMBAT™ Laila A			
6:25–6:55 PM CX WORX™ Paulina B	6:15–7:20 PM BODYPUMP™ Izzy M	7–8 PM BODYCOMBAT™ Asia W/Louie G	6:15–7:20 PM BODYPUMP™ Izzy M			
7–8 PM BODYCOMBAT™ Sammy B	7:30–8:25 PM ZUMBA® Izzy M/Tatiana T	8:10–9:05 PM DANCEFIT Shelby S	7:30–8:25 PM ZUMBA® Izzy M/Shelby S			
8:10–9:05 PM DANCEFIT Michelle N						
RITCHIE COLISEUM MULTIPURPOSE ROOM #0114						
4:15–5:20 PM BODYPUMP™ Sarah G	8–8:55 AM YOGA ADVANCED Jemma L	8–8:55 AM YOGA BEGINNER Maggie Y	8–8:55 AM YOGA ADVANCED Rory S	4:15–5:20 PM BODYPUMP™ Valeria M	11–11:55 AM YOGA BEGINNER Grace T	11 AM–12:05 PM BODYPUMP™ Ella B
5:30–6:25 PM BARRE Johnathon O	5:05–6:10 PM BODYPUMP™ Nusheen M	4:15–5:20 PM BODYPUMP™ Ella B	5:05–6:10 PM BODYPUMP™ Nusheen M	5:30–6:25 PM YOGA STRENGTH Bess B	NOON–12:55 PM BARRE Lia C	12:15–1:10 PM YOGA RESTORE & MEDITATE Tenzin S
6:35–7:30 PM YOGA STRENGTH Anna B	6:20–7:15 PM YOGA STRENGTH Sam H	5:30–6:25 PM BARRE Jacklyn G	6:20–7:15 PM YOGA STRENGTH Quinn A			5:30–6:25 PM BARRE Marie O
	7:25–8:20 PM BARRE Maggie F	6:35–7:30 PM YOGA ADVANCED Sam H	7:25–8:20 PM BARRE Marie O			6:35–7:30 PM YOGA ADVANCED Rory S
	8:30–9:25 PM YOGA BEGINNER June S		8:30–9:25 PM YOGA BEGINNER Sam H			

***SATURDAY CYCLE 55 ROTATING SCHEDULE**

Feb 2	International Ride	Mar 9	Karaoke Sing Along	Apr 13	Boy vs. Girl Bands
Feb 9	Usher v. Rihanna	Mar 16	Spring Breakers!	Apr 20	Around the World in 55
Feb 16	Pride! Ride	Mar 23	No Class—Spring Break	Apr 27	The Great Gatsby
Feb 23	Beyoncé	Mar 30	Best of the 2000s	May 4	Mamma Mia!
Mar 2	Women of Hip Hop	Apr 6	Rock N' Roll	May 11	Middle School Angst Jamz

