



## 2019 Group Exercise Schedule

Day	Time	Class	Instructor	Class	Instructor
<b>Monday</b>	6:00 AM	<b>Bootcamp</b>	Jason	<i>RIDE</i>	Heather H.
	7:05 AM (25min)	<b>S.t.r.e.t.c.h.</b>	Heather H.		
	8:30 AM	<b>Circuit Training</b>	Debbie	<i>RIDE</i>	Kathy
<b>Tuesday</b>	7:30 AM (30min)	<b>HIIT</b>	Katie		
	8:00 AM (30min)	<b>CORE Plus</b>	Katie		
	8:30 AM (30min)	<b>HIIT</b>	Katie		
	9:00 AM (60min)	<b>PhisiQ</b>	Heather P		
<b>Wednesday</b>	6:00 AM	<b>Bootcamp</b>	Jason	<i>RIDE</i>	Heather H.
	7:30 AM	<b>Power Yoga</b>	Michael		
	8:30 AM	<b>Circuit Training</b>	Debbie	<i>RIDE</i>	Kathy
	3:00 PM	<b>Tai Chi</b>	Henry		
<b>Thursday</b>	7:30 AM (30min)	<b>HIIT</b>	Katie		
	8:00 AM (30min)	<b>CORE Plus</b>	Katie		
	8:30 AM (30min)	<b>HIIT</b>	Katie		
	9:00 AM (60min)	<b>PhisiQ</b>	Heather P		
<b>Friday</b>	6:00 AM	<b>Bootcamp</b>	Jason	<i>RIDE</i>	Debbie
	7:30 AM	<b>Power Yoga</b>	Kelli		
	8:30 AM	<b>Power Pilates</b>	Ruby		
<b>Saturday</b>	8:30 AM			<i>RIDE</i>	Heather H.
<b>Bootcamp</b>	A mixture of challenging bootcamp style exercises to shape & strengthen you. You may end up at the beach!! ENJOY!				
<b>Circuit Training</b>	Combination of cardio and strength using body weight and variety of fitness equipment				
<i>RIDE</i>	Indoor cycling at its finest! Cardiovascular endurance, power and fun. Bring water and a towel.				
<b>HIIT</b>	High Intensity Interval training builds heart strength and offers a superior caloric burn!				
<b>CORE Plus</b>	This class is all about the "core". Fire up your abs, back, and glutes to build a stable, stronger more connected core.				
<b>S.t.r.e.t.c.h.</b>	True fitness requires flexibility. Come experience the benefits of this 30 minute whole-body stretch class.				
<b>PhisiQ</b>	Specific muscle activation techniques to fine-tune strength and transform your body. A "mat" intensive class to rewire your muscular dynamics.				
<b>Power Yoga</b>	Power your way through the mental and physical benefits of YOGA.				
<b>Power Pilates</b>	Enjoy this mat-based Pilates class with a strong Pilates foundation.				
<b>Tai Chi</b>	The impact Tai Chi has on health can be thought of as a type of nourishment. Practice of Tai Chi will strengthen the muscles, organs and fibers down to the cellular level. Improve balance, coordination, strength and breath control.				