

# First in Fitness Group Exercise Schedule

<b>Monday</b>		<b>Effective 11/24/18</b>
5:45-6:45am	SPINNING® with Angie	Studio 1
6:45-7:45am	Extreme Workout with Mike Rossi	Studio 2
9:00-10:00am	Rhythmic Flow Yoga with Ali	Studio 2
9:00-10:00am	Aqua Aerobics with Peggy	Pool
10:15-11:15am	Stretching for Every Body! with Meri	Studio 2
<b>Tuesday</b>		
5:45-6:30am	Muscle Mania with Angie	Studio 1
6:45-7:45am	Spinning® with Angie	Studio 1
9:00-10:00am	Pilates Level 2/3 with Naima*	Studio 2
8:30-9:30am	Aqua Aerobics with Annie	Pool
10:15-11:00pm	Spinning® with Ann	Studio 1
4:45-5:15pm	Tabata with Angie	Studio 1
5:00-6:00pm	In the Deep with Shari	Pool
5:30-6:30am	SPINNING® with Angie	Studio 1
5:30-6:45pm	Tuesday Night Yoga with Glenn	Studio 2
<b>Wednesday</b>		
5:45-6:45am	Spinning® with Angie	Studio 1
6:45-7:45am	Extreme Workout with Mike Rossi	Studio 2
9:00-10:00am	Aqua Aerobics with Peggy	Pool
5:15-6:15pm	Pilates 1/2 with Shannon*	Studio 1
<b>Thursday</b>		
5:45-6:45am	Muscle Mania with Angie	Studio 1
7:00-7:45am	Spinning® with Ann	Studio 1
9:00-10:00am	Easy Does It! with Shari	Pool
9:00-10:00am	Pilates Level 2/3 with Emily*	Studio 1
12:00-12:45pm	Spinning® with Ann	Studio 1
5:00-6:00pm	Aqua Aerobics with Sue	Pool
<b>Friday</b>		
5:45-6:45am	Spinning® with Angie	Studio 1
6:45-7:45am	Extreme Workout with Mike Rossi	Studio 2
9:00-10:00am	Aqua Aerobics with Peggy	Pool
9:00-10:00am	Fluid Core Yoga with Ali	Studio 2
12:00-1:00pm	Zen*Ga with Shannon* 6-weeks Nov 30 - Jan 4	Studio 1
<b>Saturday</b>		
7:30-8:30am	Spinning® with Rotating Instructor	Studio 1
9:00-10:00am	Pilates 1/2 with Shannon*	Studio 1
9:00-10:00am	Aqua Movement for the Body with Dawn	Pool
<b>Sunday</b>		

\* You must have completed an Essential Pilates series or have previous pilates experience to take these classes.