

First in Fitness Group Exercise Schedule

Monday		Effective 4/4/19
5:45-6:45am	SPINNING® with Angie	Studio 1
6:30-7:30am	Extreme Workout with Mike Rossi	Studio 2
9:00-10:00am	Rhythmic Flow Yoga with Ali	Studio 1
9:00-10:00am	Aqua Aerobics with Peggy	Pool
10:15-11:15am	Stretching for Every Body! with Meri	Studio 2
Tuesday		
5:45-6:30am	Muscle Mania with Angie	Studio 1
6:45-7:45am	Spinning® with Angie	Studio 1
9:00-10:00am	Aqua Aerobics with Ann	Pool
9:00-10:00am	Pilates Level 2/3 with Naima*	Studio 2
10:00-11:00am	Aqua Aerobics with Ann	Pool
10:15-11:00am	Spinning® with Ann	Studio 1
4:45-5:15pm	Tabata with Angie	Studio 1
5:30-6:30pm	In the Deep with Dawn	Pool
5:30-6:30pm	SPINNING® with Angie	Studio 1
5:30-6:45pm	Tuesday Night Yoga with Glenn	Studio 2
Wednesday		
5:45-6:45am	Spinning® with Angie	Studio 1
6:30-7:30am	Extreme Workout with Mike Rossi	Studio 2
9:00-10:00am	Aqua Aerobics with Peggy	Pool
9:00-9:45am	TLC Fitness with Ann - Extended through May 29, 2019	Studio 1
5:15-6:15pm	Pilates 1/2 with Shannon*	Studio 1
Thursday		
5:45-6:45am	Muscle Mania with Angie	Studio 1
7:00-7:45am	Spinning® with Joe	Studio 1
9:00-10:00am	Easy Does It! with Peggy	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
Friday		
5:45-6:45am	Spinning® with Angie	Studio 1
6:30-7:30am	Extreme Workout with Mike Rossi	Studio 2
9:00-10:00am	Aqua Aerobics with Peggy	Pool
10:00-11:00am	Aqua Aerobics with Ann	Pool
9:00-10:00am	Fluid Core Yoga with Ali	Studio 1
12:00-1:00pm	Pilates: Balance, Strength & Stretch 3/22 - 4/26/19	Studio 1
Saturday		
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
Sunday		

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