



IRONWORKS BRANCH Group Exercise Schedule

Sept 2021

Monday

Time	Class	Location	Instructor
A.M. Classes			
5:00-6:00	BodyPump	KF MP	Jess
6:05-6:50	Early AM Special	Gym	Jean
8:00-8:45	Y's Way	Gym	Lisa
8:15-9:00	Vinyasa Yoga	SMB	Liliana
9:15-10:00	Exprs BodyPump	KF MP	Teri
10:15-11:15	Qigong	KF MP	Nancy

P.M. Classes			
5:15-6:15	BodyPump	KF MP	Sheila
6:30-7:15	Zumba	KF MP	Katy

Tuesday

Time	Class	Location	Instructor
A.M. Classes			
4:55-5:40	RPM	Cycling Studio	Jess
8:15-9:15	Pilates	SMB	Renee
8:30-9:15	Low Impact		
	High Intensity	KF MP	Sherry
9:20-10:05	BodyAttack	KF MP	Sarah
10:15-11:00	Gentle Yoga	SMB	Kathy
11:00-11:45	Silver Sneakers	GYM	Jan

P.M. Classes			
12:10-12:55	Strength and Stretch	SMB	Jinger
4:00-5:00	BodyPump	KF MP	Dawn
5:20-6:05	RPM	Cycling Studio	Lisa
5:25-6:10	Exprs Combat	KF MP	Polly
6:20-7:05	BodyAttack	KF MP	Tierra

Wednesday

Time	Class	Location	Instructor
A.M. Classes			
5:00-6:00	BodyPump	KF MP	Jess
6:05-6:50	Early AM Special	Gym	Jean
8:00-8:45	RPM	Cycling Studio	Stacy
9:00-9:30	LesMills Core	KF MP	Jill
10:15-11:15	Qigong	KF MP	Nancy

P.M. Classes			
5:30-6:00	LesMills Core	KF MP	Heather
5:30-6:15	BodyPump	KF MP	Dawn
6:30-7:15	Zumba	KF MP	Katy

Thursday

Time	Class	Location	Instructor
A.M. Classes			
4:55-5:40	RPM	Cycling Studio	Jess
8:15-9:15	Pilates	SMB	Renee
9:30-10:30	BodyPump	KF MP	Tery
9:10-9:55	BodyAttack	KF MP	Sarah
10:15-11:00	Gentle Yoga	SMB	Kathy
11:00-11:45	Silver Sneakers	GYM	Niki

P.M. Classes			
12:10-12:55	Strength and Stretch	SMB	Jinger
4:30-5:15	RPM	Cycling Studio	Renee F.
5:30-6:00	LesMills Core	MP Room	Polly
6:15-7:15	BodyCombat	KF MP	Polly
6:30-7:15	Hatha Yoga	SMB	Brenda

Friday

Time	Class	Location	Instructor
A.M. Classes			
5:00-5:45	BodyFlow	The Yard	Jess
5:15-6:00	RPM	Cycling Studio	Stacy
8:30-9:00	LesMills Core	KF MP	Jill
8:45-9:30	Y's Way	Gym	Dolores
9:05-9:50	BodyCombat	KF MP	Sherry
9:30-10:30	Fall Prevention		
	Beg. Tai Chi	KF MP	Nancy
10:30-11:30	Tai Chi	KF MP	Nancy

P.M. Classes			
12:00-1:00	BodyPump	KP MP	Traci
4:30-5:30	BodyPump	KP MP	Renee
Starting Sept 10th			
5:35-6:35	BodyCombat	KF MP	Sarah

Saturday

Time	Class	Location	Instructor
A.M. Classes			
7:15-8:15	BodyPump	KF MP	Sheila
8:30-9:00	LesMills Core	KF MP	Heather
9:00-9:45	Vinyasa Yoga	SMP	Liliana
9:15-10:15	BodyCombat	KF MP	Katy
10:00-10:45	Restorative Yoga	SMB	Liliana

Sunday

Time	Class	Location	Instructor
A.M. Classes			
8:15-9:00	RPM	Cycling Studio	Stacy
9:15-9:45	Exprs Combat	Gym	Katy
9:55-10:40	Zumba	Gym	Katy