



ROSCOE BRANCH Group Exercise Schedule

January 2022

Monday

| Time | Class | Location | Instructor |
|---------------------|--------------------|----------|------------|
| A.M. Classes | | | |
| 5:30-6:30 | Boot Camp | Gym | Amy |
| 8:10-8:40 | Sprint (after 1/8) | Gym | Stacy** |
| 9:00-9:55 | BodyAttack | Gym | Sarah |
| 10:10-10:55 | Senior Fit | Gym | Michelle |

P.M. Classes

| | | | |
|-----------|------------|-----|-------|
| 5:30-6:30 | BodyPump | Gym | Renee |
| 6:40-7:40 | BodyCombat | Gym | Polly |

Tuesday

| Time | Class | Location | Instructor |
|---------------------|------------|----------|-------------|
| A.M. Classes | | | |
| 5:30-6:30 | BodyPump | Gym | Stacy |
| 9:00-9:55 | BodyCombat | Gym | Ann H/Ann M |
| 10:05-10:50 | Pilates | Gym | Joan |

P.M. Classes

| | | | |
|-----------|--------------------|-----|---------|
| 5:30-6:00 | Sprint (after 1/8) | Gym | Renee** |
| 6:10-6:55 | Zumba | Gym | Jillian |

Wednesday

| Time | Class | Location | Instructor |
|---------------------|----------------------|----------|--------------|
| A.M. Classes | | | |
| 5:30-6:30 | Boot Camp | Gym | Amy |
| 8:10-8:40 | Sprint (after 1/8) | Gym | Ann M.** |
| 9:00-9:45 | Mixed Impact HIIT | Gym | Cortnee/Erin |
| 10:10-10:55 | Senior Fit | Gym | Lisa Mayer |

P.M. Classes

| | | | |
|-----------|------------|-----|-------------|
| 5:30-6:30 | BodyPump | Gym | Polly/Renee |
| 6:40-7:40 | BodyCombat | Gym | Polly |

**Registration required for Sprint

Thursday

| Time | Class | Location | Instructor |
|---------------------|------------|----------|------------|
| A.M. Classes | | | |
| 5:30-6:30 | BodyPump | Gym | Stacy |
| 9:00-9:55 | BodyCombat | Gym | Steph |
| 10:05-10:50 | Pilates | Gym | Joan |

P.M. Classes

| | | | |
|-----------|--------------------|-----|--------|
| 5:30-6:00 | Sprint (after 1/8) | Gym | Erin** |
| 6:10-6:55 | BodyAttack | Gym | Erin |

Friday

| Time | Class | Location | Instructor |
|---------------------|----------------------|----------|--------------|
| A.M. Classes | | | |
| 5:15-5:45 | Sprint (after 1/8) | Gym | Sarah** |
| 5:50-6:20 | Exprs Attack | Gym | Sarah |
| 8:10-8:40 | Sprint (after 1/8) | Gym | Erin** |
| 9:00-9:45 | Mixed Impact HIIT | Gym | Cortnee/Erin |

Saturday*

| Time | Class | Location | Instructor |
|---------------------|------------|----------|------------|
| A.M. Classes | | | |
| 6:45-7:45 | BodyPump | Gym | Renee F. |
| 7:55-8:25 | CxWorx | Gym | Polly |
| 8:35-9:35 | BodyCombat | Gym | Polly |
| 9:45-10:45 | Pilates | Gym | Joan* |

+JAN. 8TH: ALL ROSCOE SATURDAY CLASSES ARE CANCELLED TO ACCOMMODATE THE LES MILLS LAUNCH

*Saturday Pilates is cancelled January 22nd through March 31st

LES MILLS SPRINT

LAUNCH JAN. 8TH

Join the fun and have a great work out in Roscoe!

6:45am-7:15am
7:25am-7:55am
8:05am-8:35am
8:45am-9:15am
9:25am-9:55am
10:15am-11:05am

SPRINT with Renee**
SPRINT with Stacy**
Core with Polly
SPRINT with Sarah**
SPRINT with Ann and Erin**
Pilates with Joan