



IRONWORKS BRANCH

Group Exercise Schedule

Monday

Time	Class	Location	Instructor
A.M. Classes			
5:00-6:00	BodyPump	KF MP	Sheila
6:05-6:50	Early AM Special	KF MP	Jean
8:00-9:00	Slow Flow Yoga	SMB	Liliana
8:30-9:15	Strength & Cardio Fusion	KF MP	Jill
8:45-9:30	Y's Way	Gym	Jen
9:30-10:30	BodyPump	KF MP	Laurel
P.M. Classes			
12:00-1:00	Boot Camp	KF MP	Nathan
4:30-5:00	GRIT	KF MP	Sarah
5:15-6:15	BodyPump	KF MP	Sheila
6:30-7:00	Core Foundations	MP Room	Savanna
6:30-7:15	Zumba	KF MP	Katy

Tuesday

Time	Class	Location	Instructor
A.M. Classes			
4:55-5:40	RPM	Cycling Studio	Jess**
8:15-9:00	TRX	MP Room	Gabby**
8:15-9:15	Pilates	SMB	Renee
9:00-9:30	GRIT	KF MP	Sarah
9:35-10:05	Core & More	KF MP	Sarah
10:15-11:15	Gentle Yoga	SMB	Liliana
11:00-11:45	Silver Sneakers	Gym	Jan
P.M. Classes			
12:00-12:45	SoulBody Barre	KF MP	Erin
4:15-5:15	BodyPump	KF MP	Dawn
5:20-6:05	RPM	Cycling Studio	Lisa
5:30-6:30	Exprs Combat	KF MP	Polly
5:45-6:30	S'wet	Lap Pool	Brenda
6:30-7:00	Core Foundations	MP Room	Savanna
6:30-7:30	Yoga Elements	SMB	Aaron ++

Wednesday

Time	Class	Location	Instructor
A.M. Classes			
5:00-6:00	BodyPump	KF MP	Sheila
6:05-6:50	Early AM Special	KF MP	Jean
8:00-9:00	Vinyasa	SMB	Liliana
8:15-9:00	RPM	Cycling Studio	Stacy**
8:45-9:30	Y's Way	Gym	Jen
9:05-9:35	LesMills Core	KF MP	Jill
P.M. Classes			
12:00-1:00	Vinyasa	SMB	Liliana
5:30-6:00	LesMills Core	MP Room	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
8:15-9:00	TRX	MP Room	Gabby**
8:15-9:15	Pilates	SMB	Renee
9:30-10:30	BodyPump	KF MP	Laurel
10:15-11:15	Gentle Yoga	SMB	Liliana
11:00-11:45	Silver Sneakers	Gym	Nikki
P.M. Classes			
12:00-1:00	Spin & Strength	Cycling Studio	Gabby
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
6:30-7:30	Hatha Yoga	SMB	Brenda

Friday

Time	Class	Location	Instructor
A.M. Classes			
5:00-5:45	BodyBalance	SMB	Jess
5:15-6:00	RPM	Cycling Studio	Stacy
8:15-9:00	Y's Way	Gym	Dolores
8:30-9:00	LesMills Core	KF MP	Jill
9:05-10:00	BodyCombat	KF MP	Sarah
P.M. Classes			
12:00-1:00	BodyPump	KF MP	Traci
4:30-5:30	BodyPump	KF MP	Dawn/Renee

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	SMB	Liliana
9:15-10:15	BodyCombat	KF MP	Sarah
10:00-10:45	Restorative Yoga	SMB	Liliana

Sunday

Time	Class	Location	Instructor
A.M. Classes			
8:15-8:45	GRIT	KF MP	Sarah
8:15-9:00	RPM	Cycling Studio	Stacy**
9:15-9:45	Exprs Combat	KF MP	Katy
9:55-10:40	Zumba	KF MP	Katy
10:00-11:00	Yin Yoga	SMB	Aaron

****Registration required**

++ Ages 15-17 must be accompanied by an adult

****Registration Required**