



























# GROUP FITNESS SCHEDULE Main Studio (April 3rd, 2017-July 2nd, 2017)

**MAIN STUDIO**

TIMES	Monday	Tuesday	Wednesday	Thursday	Friday	TIMES	Saturday	Sunday
6:00am	 Jeannette	Stretch, Strength & Stability Judy	 Nicole 5:45am	ABBS Trainer	 Jeannette	8:00am	INTEGRAL YOGA Nick (75min)	
7:00am					POWER VINYASA YOGA Gina 7:10AM	9:10am		 Athletic Monica 9:10am
9:00am	CORE-N-MORE Judy 8:50am	Zumba Gold Carol	FAB Nancy	CORE-N-MORE Judy 8:50am	FAB Nancy	9:30am	CARDIO DANCE Priscilla 9:30am	
10:00am	 Carol	TAI CHI John	 Cora	INTEGRAL YOGA Nick (75min)	 Nicole (55min)	10:10am		
11:00am				 Jess 11:15am	 Nicole	10:30am	 Priscilla 10:30am	 Abe 11:20am
12:15pm	PILATES / YOGA Hannah	INTEGRAL YOGA Nick (75min)	Anusara Elements Yoga Hilary	FREE STYLE YOGA Shimon 12:30pm	MIDDAY POWER YOGA Jenn	12:00pm	 Cheryl 12pm	
4:30pm	 Carol (45 min)	SLOW FLOW Jenni (4pm)	 Cheryl	 Nicole (45 min)	SLOW FLOW Tanya (4:15pm)	12:30pm		SIVANANDA YOGA Melinda (75min) 12:30pm
5:15pm		 Cynthia (45min)		 Athletic (45 min) Monica		4:00pm		POWER VINYASA YOGA Taryn (75min) 4:00pm
5:30pm	YOGA UNWIND Shimon (75 min)		 Priscilla		BOOTCAMP Mark			
6:00pm		TRIPLE THREAT Priscilla (45min)		 Cynthia (45min)				
6:45pm	 Lynn (7pm)	KRIPALU YOGA Jyoti (75 min)	SIVANANDA YOGA Melinda (7pm)	POWER VINYASA YOGA Melissa (75 min)	 Abe			
8:15pm	Dance with Kurt (Fee & Sign Up)							



**3RD FLOOR**

TIMES	Monday	Tuesday	Wednesday	Thursday	Friday	TIMES	Saturday	Sunday
6:00am		 Dayana 6am			 Mary 6am			
7:30am								
8:30am	<b>SPINYASA</b> Melissa		<b>CYCLING</b> Liz/Sheila	Alignment-Based Vinyasa Tanya	 Melissa (9am)	9:00am	<b>CYCLING</b> Christine 9am	
9:30am		<b>GENTLE YOGA (CRC)</b> (Fee & Sign Up)			Slow Flow Melissa 9:45am (30 min)	9:15am		<b>CYCLING</b> Heidi 9:15am
10:00am	<b>PILATES</b> Sheila		<b>PILATES</b> Sheila			12:00pm	<b>PILATES</b> 12pm Liz/Sheila	
11:15am		<b>CYCLING</b> Kelly		 Melissa		1:30pm	<b>MBSR (2 hrs)</b> Nick 1:30pm (Fee & Sign Up)	
4:15pm						4:00pm		<b>IPSYCLIN</b> Paul 4pm
5:00pm	<b>CYCLING</b> Heidi					 <b>ISLAND</b> Health & Fitness <i>in partnership with Cayuga Medical Center</i>		
5:30pm		<b>IPSYCLIN</b> Paul		<b>IPSYCLIN</b> Paul				
6:45pm		<b>Tai Chi</b> Mike						