


























# GROUP FITNESS SCHEDULE Main Studio (June 4, 2018– September 30, 2018)

MAIN STUDIO

TIMES	Monday	Tuesday	Wednesday	Thursday	Friday	TIMES	Saturday	Sunday
6:00am	Strength & Roll Dusty Paul	Stretch, Strength & Stability Judy	Strength & Roll Dillon	ABBS Trainer		8:00am	INTEGRAL YOGA 8am Nick (75min)	
7:00am					POWER VINYASA YOGA Gina 7:10AM	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	 Diane 9:00am
10:00am	Zumba Gold Stephanie (45 min)	TAI CHI John	 Monica	INTEGRAL YOGA Nick (75min)	 NEW Nicole (45 min)	10:00am		 Lynn 10:00am
11:00am	 Emily M	Flex-n-Core Joe 11:30am (30 min)	 Emily M	 Louise 11:15am	 Nicole	10:30am	 Priscilla 10:30am	 Athletic Monica 11:15am
12:15pm	MIDDAY POWER YOGA Jenni	INTEGRAL YOGA Nick (75min)	Anusara Elements Yoga Hilary	FREE STYLE YOGA Shimon 12:30pm	MIDDAY POWER YOGA Jenn	12:00pm	 Cheryl 12pm	
4:30pm	 NEW Carol (45 min)	SLOW FLOW Hilary (4pm)	 Cheryl	 NEW Nicole (45 min)	SLOW FLOW Tanya (4:15pm)	12:30pm		SIVANANDA YOGA Melinda (75min) 12:30pm
5:15pm		 Cynthia (45min)		 (45 min) Cheryl		4:00pm		POWER VINYASA YOGA Taryn (75min) 4:00pm
5:30pm	YOGA UNWIND Shimon (75 min)		 Priscilla		BOOTCAMP Mark	 ISLAND Health & Fitness <i>in partnership with Cayuga Medical Center</i>		
6:00pm		TRIPLE THREAT Priscilla (45min)		 Cynthia (45min)				
6:45pm	 Cora (7pm)	KRIPALU YOGA Jyoti (75 min)	SIVANANDA YOGA Melinda (7:15pm)	POWER VINYASA YOGA Melissa (75 min)				
8:15pm								

**3RD FLOOR**

TIMES	Monday	Tuesday	Wednesday	Thursday	Friday	TIMES	Saturday	Sunday		
6:00am	<b>SPINYASA</b> 75 Min. Melissa	<b>CYCLING</b> Liz / Abigail <b>6am</b>			 <b>Mary 6am</b>					
7:00am					 Mary 7:00-7:30am starts 6/15					
8:30am				<b>Alignment-Based Vinyasa</b> Tanya	<b>CYCLING</b> Jill <b>9am</b>	<b>9:00am</b>	<b>CYCLING</b> Christine <b>9am</b>			
9:30am		<b>GENTLE YOGA</b> (CRC) (Fee & Sign Up)				<b>9:15am</b>		<b>CYCLING</b> Heidi <b>9:15am</b>		
10:00am	<b>PILATES</b> Sheila		<b>PILATES</b> Sheila			<b>12:00pm</b>	<b>PILATES</b> <b>12pm</b> Liz / Sheila			
11:15am		<b>CYCLING</b> Kelly M.		<b>CYCLING</b> Adrian	 Nicole 12:30 pm	<b>1:30pm</b>	<b>MBSR (2 hrs)</b> Nick 1:30pm (Fee & Sign Up)	 Monica 12:30 pm		
4:15pm						<b>4:00pm</b>				
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	Dance with Kurt 7-8 pm Fee & Sign UP		Run Lab w/ Shane 6-7 pm Fee & Sign Up							