



GROUP CLASS FITNESS SCHEDULE

DOWNTOWN LOCATION

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6AM							
7AM				Strength & Stretch Sarah 6:30 AM - 7:30 AM			
8AM							
9AM	Muscle Sculpt Sarah 9:00 AM - 10:00 AM	Low Impact & Toning Nancy 9:00 AM - 10:00 AM	Pilates Sheila/Liz 9:00 AM - 10:00 AM	Low Impact & Toning Nancy 9:00 AM - 10:00 AM	Muscle Sculpt Stephanie & Isabella 9:00 AM - 10:00 AM	Cycling Paul 8:30 AM - 9:30 AM	
10AM							Boot Camp Mark 10:00 AM - 11:00 AM
11AM	Integral Yoga Nick 10:30 AM - 11:45 AM		ZUMBA Cheryl 10:15 AM - 11:00 AM		Integral Yoga Nick 10:30 AM - 11:45 AM	BODYPUMP Priscilla 10:30 AM - 11:30 AM	
12PM			Kripalu Yoga Jyoti 12:00 PM - 1:15 PM				
1PM							
2PM							
5PM							
6PM	Mixed Level Flow Zoe 5:30 PM - 6:30 PM	ZUMBA Stephanie 5:30 PM - 6:15 PM	BODYPUMP Nicole 6:00 PM - 7:00 PM	Zumba Stephanie 5:30 PM - 6:30 PM	Boot Camp Mark 5:30 PM - 6:30 PM		
7PM							

JUNE

Don't forget a yoga mat, due to sanitation concerns we are no longer providing them for borrowed use. Disinfectant wipes will be available, please sanitize any props used at the end of the class. You may book Online for classes through the Empower ME section of the website.