

Group Training @The Club

JUNE 24 2024 - JUNE 30, 2024

Goal 26: New Way: eat more protein, lift weights, walk
Fuel your body > Starving your body

OTHER						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	CYCLE STUDIO 6:00 - 7:00am CYCLE LINDA D	CYCLE STUDIO 9:00 - 10:00am CYCLE CIRCUIT TIFFANY	CYCLE STUDIO 6:00 - 7:00am CYCLE ANA	CYCLE STUDIO 7:15 - 7:45am POWER CYCLE LEXI	CYCLE STUDIO 8:00 - 8:45am CYCLE SANDRA	CYCLE STUDIO 9:00 - 9:45am CYCLE LEXI
	5:45-6:30pm CYCLE ANA					
STUDIO A						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			7:30 - 8:30am MAT PILATES Yoga Studio IRINA			
	8:15 - 9:00am ONE MORE REP TIFFANY		8:00 - 9:00am STEP ANN	8:00 - 9:00am CARDIO & STRENGTH C.R.	8:00am - 9:00am HATHA YOGA IRINA	
	9:15 - 10:15am CARDIO,CORE&STRENGTH LINDA U		9:05 - 10:05am BODY CONDITIONING ANN	9:15 - 10:15am ZUMBA CANCELED THIS WEEK		
10:30 - 11:30am ACTIVE AGING ANN		10:30 - 11:30am ACTIVE AGING SUZANNE				
		5:30 - 6:30pm BARRE' FUSION IRINA	5:00 - 6:00pm ZUMBA CANCELED THIS WEEK			
	6:45 - 7:30pm TABATA THIS KIM	6:45 - 7:30pm STRENGTH & SCULPT KIM	6:15 - 7:00pm CARDIO & STRENGTH KIM			
BOXING ROOM BOOTCAMP ROOM PICKLEBALL (PB) COURT						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		Gloves required for all boxing classes				
6:15 - 7:00am TABATA TRAINING LEXI		6:15 - 7:00am CIRCUIT STRIKE JASON		6:15 - 7:00am TOTAL Training Bootcamp LEXI		8:00 - 8:45am BEST OF BOTH WORLDS MICHELE
★ 9:00 - 10:00am TOTAL Training Bootcamp LINDA U		★ 9:00 - 10:00am TOTAL Training Bootcamp LINDA U		10:30 - 11:30am TOTAL BODY RESET KIM	8:00 - 9:00am TOTAL Training Bootcamp LEXI	
7:00 - 7:45pm HIIT BOXING*** LEXI						
YOGA STUDIO						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
ZOOM ONLY 10:00 - 11:00am SLOW FLOW YOGA SUZY	8:45 - 9:45am YOGA ANN	8:45 - 9:45am SLOW FLOW VINYASA CAROL	10:00 - 11:15am YOGA KAVITHA	9:00 - 10:00am GENTLE YOGA CHARLES	8:00am - 9:00am HATHA YOGA STUDIO A w/IRINA	10:15 - 11:30am HATHA-VINYASA BLEND KAVITHA
6:30 - 7:45pm HATHA YOGA KAVITHA	ZOOM ONLY 10:00 - 11:00am YOGA THERAPEUTICS SUZY		6:30 - 7:30pm VIN TO YIN JACLYN	ZOOM ONLY 10:30 - 11:45am STRONG FLOW YOGA SUZY		
AQUA FITNESS SUMMER SCHEDULE ***POOL***AQUA FITNESS SUMMER SCHEDULE						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
★ 7:00 - 8:00pm AQUA FITNESS C.R.		★ 12:00 - 1:00pm AQUA FITNESS C.R.		★ 9:30 - 10:30 am AQUA FITNESS C.R.		★ 9:00 - 10:00am AQUA FITNESS NO INSTRUCTOR
ACHIEVE YOUR FITNESS GOALS ONE DAY AT A TIME						