


Lifestyle Group Fitness Program

Effective March 1, 2019

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:10— 6:25AM	ALL ABS! Workout Michelle		ALL ABS! Workout Michelle		ALL ABS! Workout Kathy
6:30— 7:30AM	HATHA YOGA All Levels Diana	BOOT CAMP Circuit Challenge Luiz	Core-YOGA Fusion Diana	BOOT CAMP Circuit Challenge Dan	HATHA YOGA All levels Diana
6:30— 7:30AM <i>Cardio Gym</i>	POWER PACE SPINNING Michelle		POWER PACE SPINNING Rhea		POWER PACE SPINNING Kathy
11:45AM— 12:30PM	A.B.T. WORKOUT Hector		BOOT CAMP Circuit Challenge Brano		CARDIO FREE STYLE HI/LOW MOVES Hector
12:10— 1:00PM		PILATES/YOGA FUSION Daniel		BOOT CAMP Circuit Challenge Dan	
12:10— 1:00PM <i>Cardio Gym</i>	POWER PACE SPINNING Brano	POWER PACE SPINNING Hector	NEW! BIG GEAR INTERVALS SPINNING Danielle	POWER PACE SPINNING Hector	POWER PACE SPINNING Dan
12:30— 1:15PM	BODY BLAST Core & Abs Workout Hector		12:30—1:00PM INTERVAL Sculpt 'n Tone Debbi		INTERVAL Sculpt 'n Tone Hector
1:05— 2:00PM		BOOT CAMP Circuit Challenge Brano	NEW! 1:00—1:15PM Carve it up: 15 min. of Abs & Core	PILATES/YOGA Fusion Hector	
1:15— 2:15PM	FLOW YOGA All levels Dan		POWER YOGA All levels Audrey		POWER YOGA All levels Audrey
4:30— 5:30PM	FLOW YOGA All levels Audrey	INTERVAL Sculpt 'n Tone Debbi	20/10 Circuit Hector 4:45—5:30PM Strong Core with Spinning Warm-Up Dan	BOOT CAMP Circuit Challenge Debbi	5:00—6:00PM FLOW YOGA All Levels Dan
5:30— 6:30 PM	BOOT CAMP Circuit Challenge Audrey	NEW! YIN YOGA for Deep Opening Dan	HATHA YOGA Dan	HATH YOGA Dan	
5:30— 6:30 PM <i>Cardio Gym</i>	SPIN INTERVAL Hector		POWER PACE SPINNING Sheldon		

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