



GROUP X SCHEDULE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

6:00a - 7:00a Spin Amber	8:30a - 9:30a Yoga Jean	6:00a - 7:00a Spin Corrine 8:30a - 9:30a HYDRO-FIT Nanda	8:30a - 9:30a Yoga Jean	6:00a - 7:00a Spin Paul	9:00a - 10:00a Group Power Becca 9:00a - 10:00a The PT Spot Trainer Rotation 9:00a - 10:00a Spin Jen NEW CLASS! 10:30a - 12:00p ((••)) Vinyasa Flow Tammy
9:00a - 10:00a Yoga Astryd	9:45a - 10:45a Cardio Funk Nate	9:00a - 10:00a Hatha Yoga Glen		9:00a - 10:00a Ashtanga Matt	
9:00a - 10:00a WARRIOR Strength Corrine	10:45a - 11:45a ((••)) Pilates 2 Marilyn	9:00a - 10:00a Group Power Nicole		10:30a - 11:30a Pilates 2 Marilyn	
9:00a - 10:00a DAC Lite Jen	11:00a - 12:00p Core & Balance Jen		11:00a - 12:00p ((••)) Core & Balance Lori	11:00a - 12:00p POUND Mary	
12:00p - 1:00p Flow Barre Marilyn	12:15p - 1:15p WARRIOR Rhythm Ellen	12:00p - 1:00p Spin Marilyn	12:15p - 1:15p WARRIOR Strength Ellen	12:00p - 1:00p Flow Barre Marilyn	
12:00p - 1:00p Masters Swim Scott		12:00p - 1:00p Ellové Chelsea 12:00p - 1:00p Masters Swim Scott		12:00p - 1:00p HYDRO-FIT Nanda 12:00p - 1:00p Spin Ellen	
5:30p - 6:30p Group Power Becca	5:30p - 6:30p Spin Mary NEW CLASS!		5:30p - 6:30p POUND Mary NEW TIME!		

SUNDAY

9:00a - 10:30a
Vinyasa Flow Jean

Locations: **Aquatics Center** **3rd Floor Deck** **Functional Training Zone** **Mindbody Studio** **Studio 1**

((••)) Hybrid classes are offered in person and via live stream through MindBody.