

SEPTEMBER CLASS SCHEDULE

Effective 09/01/2017

Time **Class** **Instructor** **#**

Monday

	8:15am	Abs and Arms	Lisa Butler	1
	8:30am	Booty, Balance & Stretch	Dena Raptis	3
**Sign-In	9:15am	Ride Extreme	Lisa Butler	2
	9:30am	High Octane Conditioning	Steve Fink	1
	10:30am	Zumba	Lois Costello	1
	12:00pm	Silver Sneakers Toning	Lois Costello	1
	5:15pm	Basic Training	Mike Minielly	1
**Sign-In	5:30pm	Spin 45	Ally Cohen	2
	5:30pm	Boxing Bootcamp	Jenn	3
	6:30pm	Butts & Gutts	Don Frazier	1

Tuesday

	5:30am	Cardio Muscle Cond	Jenn	1
**Sign-In	6:00am	Spin Challenge	Ally Cohen	2
	7:30am	Butts & Gutts	Don Frazier	1
	8:30am	Muscle Conditioning	Andrea Bernstein	1
**Sign-In	9:30am	Endurance Ride	Steve Fink	2
	9:30am	Zumba	Julie Hirsch	1
	10:30am	Yoga	Catherine	1
	5:30pm	Full Throttle 50 mins	Don Frazier	3
**Sign-In	6:00pm	Spin Challenge	Maureen Nelson	2
	6:00pm	Zumba Beat	Mariya Priymak	1

Wednesday

	8:15am	Cardio and Weights	Lisa Butler	1
**Sign-In	9:15am	Endurance Ride	Nichole Ferguson	2
	9:30am	Zumba/Zumba Toning	Lois Costello	1
	10:30am	Yoga Fusion	Nichole Ferguson	1
	5:15pm	TRX	Mike Minielly	3
	5:30pm	Club Zumba	Holly Glomski	1
**Sign-In	5:30pm	Spin Challenge	Donna Peres	2
	6:30pm	Animal Flow	Omar Akl	3
	6:30pm	Butts & Gutts	Don Frazier	1

Thursday

**Sign-in	6:00am	Spin Challenge	Ally Cohen	2
	8:00am	Build That Body	Dena Raptis	1
	9:00am	Basic Training	Mike Minielly	1
	9:30am	Stepboxing	Jenn	3
**Sign-In	10:00am	Zumba	Karen Bates	1
	10:00am	Spin Challenge	Mike Minielly	2
**Sign-In	5:30pm	Spin Challenge	Mike Minielly	2
	6:30pm	Zumba Beat	Mariya Priymak	1

Friday

	5:30am	Boxing Boot Camp	Jenn	3
**Sign-in	6:00am	Spin IT	Ally Cohen	2
	7:30am	Butts & Gutts	Don Frazier	1
	8:45am	Club Zumba	Karen Bates	1
**Sign-in	9:00am	Endurance Ride	Steve Fink	2
	10:00am	Barre & Body Sculpt	Andrea Bernstein	1

Saturday

**Sign-In	8:30am	45 Minute Spin	Nichole Ferguson	2
	8:30am	Basic Training	Mike Minielly	1
	8:30am	TRX Boot Camp	Lisa Butler	3
	9:30am	Boxing Boot Camp	Lisa Butler	3
	9:30am	Zumba/Zumba Toning	Lois Costello	1
**Sign-In	10:00am	Endurance Ride	Michael Piper	2
	11:00am	Yoga Stretch/Strengthen	Nicole Ferguson	1

Sunday

**Sign-In	8:00am	Spinning	Mike Minielly	2
	8:30am	Core and More	Lisa Butler	3
	9:00am	Muscle Conditioning	Andrea Bernstein	1
**Sign-In	9:30am	Ride Extreme	Lisa Butler	2
	10:00am	Zumba	Julie Hirsch	1
	10:00am	Kickboxing	Jenn	3
	11:15am	Slowburn Yoga	Karen Ji	1

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