# GROUP FITNESS

SCHEDULE EFFECTIVE SEPTEMBER 10, 2018

## MONDAY

| | | | |
|---|---|---|---|
| 5:45-6:15 am | SPRINT** | CS | Jen |
| 8:30-9:30 am | BODYPUMP | 1 | Amy |
| 8:30-9:30 am | POUND | MB | Jenni |
| 8:30-9:00 am | SPRINT** | CS | Mary |
| 9:30-10:30 am | Studio Cycling | CS | Emily |
| 9:30-10:30 am | BODYSTEP | 1 | Patty |
| 9:30-10:30 am | Zumba | MB | Jenni |
| 10:35-11:05 am | CXWORX ** | 1 | Patty |
| 11:15-12:15 pm | Yogabasics | MB | Jennifer |
| 12:00-12:45 pm | BODYPUMP Exp.* | 1 | Steph K. |
| 4:30-5:15 pm | FIT Bootcamp* | A | Dave/Andre |
| 4:30-5:30 pm | BODYPUMP | 1 | Nina |
| 5:30-6:00 pm | CXWORX ** | 1 | Joan (New Time) |
| 5:30-6:30 pm | Studio Cycling | CS | Rotating Team |
| 5:45-6:30 pm | Cardio Boxing* | A | Dan (NEW!) |
| 6:35-7:05 pm | SPRINT** | CS | Ashleigh/Nina |

## TUESDAY

| | | | |
|---|---|---|---|
| 5:45-6:30 am | Studio Cycling* | CS | Aimee |
| 8:30-9:30 am | Step Works | 1 | Michele (New Time) |
| 8:30-9:30 am | Vinyasa Flow Yoga | MB | Jenn S. |
| 8:30-9:30 am | Studio Cycling | CS | Amy |
| 9:30-10:30 am | BODYPUMP | 1 | Patty |
| 9:35-10:35 am | BODYFLOW | MB | LuAnn |
| 9:40-10:10 am | SPRINT** | CS | Emily/Mary |
| 11:00-11:45 am | BODYATTACK Exp.* | 1 | Sarah (New Time) |
| 12:00-1:00 pm | BOSU Bootcamp | 1 | Allyson |
| 4:30-5:00 pm | SPRINT** | CS | Kathy Guz. |
| 4:30-5:30 pm | Step Works | 1 | Michele/LuAnn |
| 5:30-6:15 pm | Studio Cycling* | CS | Steph |
| 5:30-6:25 pm | Zumba | MB | Jenni |
| 5:30-6:30 pm | BODYPUMP | 1 | Ginnie |
| 6:30-7:30 pm | BODYFLOW | MB | Kristin |

KEY: 1 Studio 1 | CS Cycle Studio | A Agility Room | MB Mind Body Studio | * 45-Minute Class | ** 30-Minute Class

For more information regarding the Group Fitness schedule, please contact Sarah Vecchio, Director of Fitness, at 610-376-2100 x 330 or svecchio@bodyzonesports.com

## WEDNESDAY

| | | | |
|---|---|---|---|
| 5:40-6:40 am | BODYPUMP | 1 | Teresa |
| 8:30-9:30 am | BODYPUMP | 1 | Amy |
| 8:30-9:30 am | Yogabasics | MB | Lily |
| 9:30-10:30 am | Studio Cycling | CS | Mary |
| 9:30-10:30 am | Step Fusion | 1 | Patty |
| 9:35-10:35 am | Zumba | MB | Lily (NEW!) |
| 10:35-11:05 am | CXWORX** | 1 | Patty |
| 11:10-12:10 pm | Asian Fusion | MB | Janet |
| 12:00-12:30 pm | SPRINT** | CS | Emily/Nina |
| 12:35-1:00 pm | Core Plus** | A | Emily/Nina |
| 4:30-5:00 pm | BODYPUMP Exp.** | 1 | Ginnie |
| 5:00-5:30 pm | CXWORX** | 1 | Ginnie |
| 5:30-6:00 pm | BODYCOMBAT Exp.** | 1 | Ginnie |
| 5:30-6:00 pm | SPRINT** | CS | Evelyn/Ashleigh |
| 5:30-6:15 pm | POUND* | A | Jenni |
| 6:00-6:45 pm | BODYFLOW Exp.** | MB | Taylor/Kathy |
| 6:00-6:45 pm | BODYATTACK Exp.* | 1 | Steph N. (NEW!) |

## THURSDAY

| | | | |
|---|---|---|---|
| 5:45-6:45 am | Studio Cycling | CS | Audrey |
| 8:30-9:15 am | Studio Cycling* | CS | Steph K. |
| 8:30-9:15 am | Bootcamp* | 1 | Melissa (New Time) |
| 9:30-10:30 am | BODYPUMP | 1 | LuAnn |
| 10:05-11:05 am | Beginner Yoga | MB | Kelly |
| 10:35-11:35 am | BODYSTEP | 1 | Julianne |
| 12:00-1:00 pm | BODYPUMP/CXWORX | 1 | Patty (New Time) |
| 12:15-1:15 pm | Vinyasa Flow Yoga | MB | Jennifer |
| 4:30-5:30 pm | BODYFLOW | MB | Joan |
| 4:30-5:30 pm | BODYSTEP | 1 | Tammy |
| 4:45-5:30 pm | High Intensity Training | A | Sarah/Lindsay |
| 5:30-6:30 pm | BODYPUMP | 1 | Michele |
| 5:30-6:30 pm | Studio Cycling | CS | Laura |
| 5:45-6:45 pm | Yogabasics | MB | Lacey |

Go to bodyzonesports.com/groupfitness for the most recent schedule.

## FRIDAY

| | | | |
|---|---|---|---|
| 5:40-6:40 am | BODYPUMP | 1 | Teresa |
| 8:35-9:35 am | BODYSTEP | 1 | Sarah |
| 9:00-9:45 am | Zumba* | MB | Lora (New Time) |
| 9:00-10:00 am | Tai Chi/Qigong | A | Jan |
| 9:30-10:30 am | Studio Cycling | CS | Audrey/Cheryl |
| 9:35-10:20 am | BODYCOMBAT Exp.* | 1 | Melissa (New Time) |
| 9:45-10:45 am | BODYFLOW | MB | Valerie |
| 10:35-11:05 am | CXWORX** | 1 | Cheryl |
| 11:15-12:15 pm | Yogabasics | MB | Lily |
| 12:15-12:45 pm | SPRINT** | CS | Emily |
| 4:30-5:00 pm | BODYATTACK Exp.* | 1 | Ashleigh |
| 5:05-5:35 pm | SPRINT** | CS | Ashleigh (New Time) |

## SATURDAY

| | | | |
|---|---|---|---|
| 7:30-8:30 am | BODYATTACK | A | Jen |
| 8:00-9:00 am | BODYPUMP | 1 | Michele/LuAnn |
| 8:00-8:55 am | Zumba | MB | Lora/Jenn |
| 8:30-9:00 am | SPRINT** | CS | Ashleigh/Sarah |
| 9:00-10:00 am | BODYFLOW | MB | Valerie |
| 9:00-10:00 am | High Intensity Training | A | Corey |
| 9:00-10:00 am | Step Works | 1 | Michele/LuAnn |
| 9:15-10:15 am | Studio Cycling | CS | Jen |
| 10:00-10:45 am | BODYCOMBAT Exp.* | 1 | Linette/Dan (New Time) |
| 10:10-11:10 am | Yogabasics | MB | Jenn S. |
| 10:15-11:15 am | Corepole 'n Sculpt | A | Mary |

## SUNDAY

| | | | |
|---|---|---|---|
| 8:00-9:00 am | Studio Cycling | CS | Laura |
| 8:00-9:00 am | Step Works | 1 | Michele/LuAnn |
| 9:00-10:00 am | BODYCOMBAT | 1 | Ginnie/Kristin |
| 10:00-11:00 am | BODYPUMP | 1 | Jen B. |
| 10:10-11:10 am | BODYFLOW | MB | Ginnie |

SCHEDULE IS SUBJECT TO CHANGE

BODY ZONE Sports and Wellness Complex