

Midtown Group Fitness Class Schedule

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:00 am	Cycle (A) Krista	Turbo Kick (A) Krista BODYPUMP® (G) Ardie/Kate	Cycle (A) Joe	BODYFLOW® (A) Kevin BODYPUMP® (G) Kate/Leah	Cycle (A) Brooke
7:00 am	Beginning Yoga (A) Krista	Cycle (A) Krista	Beginning Yoga (A) Michelle	Cycle (A) Brooke	Beginning Yoga (A) Geri
9:00 am	BODYPUMP® (G) Diana		BODYPUMP® (G) Laurie		BODYPUMP® (G) Laurie
9:15 am	Step (A) Stacy	Triple Threat Express (A) Stacy	Bosu Rom (A) Kelli	Turbo Kick (A) Krista	Step (A) Kelli
10:30 am	Silver Sneakers MSROM® (G) Franny BODYFLOW® (A) Ben	Silver Sneakers® Cardio Fit (G) Franny	Silver Sneakers MSROM® (G) Bonnie Experienced Pilates (A) Kelli	Silver Sneakers® Cardio Fit (G) Franny	Silver Sneakers MSROM® (G) Franny Pilates on a Roll (A) Kelli
11:30 am		Chisel Express (A) Carrie	Silver Sneakers® Yoga (G) Bonnie	Chisel Express (A) Carrie	
12:30 pm		BODYFLOW® (A) Margie		BODYFLOW® (A) Diana	
4:00 pm				Essential Pilates (C) Jill	BODYFLOW® (A) Ben
5:00 pm	Core Fit Express (A) Kristen		Core Fit Express (A) Diana		Core Fit Express (A) Ben
5:30 pm	Hi Low Impact (G) Annice Beginning Yoga (A) TBA	Zumba (A) Leonardo	Step Express (A) Diana	AIT (A) Amber/Tim	Hi Low Impact (G) Annice Beginning Yoga (A) Margie
6:00 pm		BODYPUMP® (G) Leah	Spanish Mat Pilates (C) Alejandra	BODYPUMP® (G) Bonnie/Jann/Mary	
6:30 pm	A.I.T. (A) Anna/Kristen BODYPUMP® (G) Deb/Jann	Cycle (A) Ben Experienced Pilates (155) Kamalar	Hip Hop (A) Amber BODYPUMP® (G) Bonnie	Zumba (A) Bernice	BODYPUMP® (G) Bonnie/Leah
7:30 pm	Essential Pilates (A) Kamalar		Beginning Yoga (A) Shadee	Cycle to the Movies (A) Ben	

Location: A = Studio A, G = Gym, 155 = Room 155, C = Studio C

WEEKEND

TIME	SATURDAY	SUNDAY
8:00 am	Cycle (A) Joe Essential Mat Pilates (155) Alejandra	Beginning Yoga (A) Shadee
9:00 am	BODYPUMP® (G) Bonnie/Kate Triple Threat (A) Diana	BODYPUMP® (G) Deb/Mary
10:00 am		Cycle (A) Bonnie/Diana
11:00 am	Hi Low Impact (G) Annice	BODYFLOW® (A) Diana/In-Fin
12:30 pm		Cardio Kick (A) In-Fin

Midtown Water Fitness Class Schedule

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:30 am	Aqua Power Brian		Aqua Power Brian		Aqua Power Margaret V.
8:30 am	Aqua Depth Combo Margaret V.	55+ Aqua In-Fin	Aqua Depth Combo Gayle	55+ Aqua In-Fin	Aqua Depth Combo Gayle
6:00 pm	Aqua Power Margaret V.	Aqua Deep In-Fin	Aqua Power Margaret V.	Aqua Deep Irene	

WEEKEND

TIME	SATURDAY	SUNDAY
10:00 am	Aqua Depth Combo Cathy	
11:00 am		Aqua Depth Combo Margaret V.

Midtown Group Fitness Coordinator (612) 215-4330