



# ACCESS FITNESS

## Group Exercise Schedule 2018

**Hours of Operation**  
 Members Open & Staffed 24/7 365  
 Non members 5 am – 10 pm daily

| MONDAY  | TUESDAY   | WEDNESDAY  | THURSDAY  | FRIDAY  |
|---|---|--|---|---|
| <b>BootCamp Kettles</b><br>5:00AM – 6:00AM<br>Paul        | <b>Les Mills Body Combat</b><br>5:00AM – 6:00AM<br>Tiffany A.       | <b>TRX</b><br>5:00AM – 6:00AM<br>Paul                          | <b>Les Mills Body Pump</b><br>5:00AM – 6:00AM<br>Tiffany A. | <b>Turbo Kick</b><br>5:00AM – 6:00AM<br>Lynzie                  |
| <b>Spinning®</b><br>5:45AM – 6:45AM<br>Jamie              | <b>BOX FIT</b><br>5:15AM – 6:15AM<br>Paul                           | <b>Turbo Kick</b><br>5:00AM – 6:00AM<br>Shauna                 |   | <b>Spinning®</b><br>5:45AM – 6:45AM<br>Jamie                    |
| <b>Essentrics Xpress</b><br>6:30AM – 7:00AM<br>Kimberly   | <b>Powerwalk</b><br>8:45AM – 9:00AM<br>Jan                          | <b>Spinning®</b><br>5:45AM – 6:45AM<br>Jamie                   | <b>Powerwalk</b><br>8:45AM – 9:00AM<br>Jan                  | <b>Essentrics Xpress</b><br>6:30AM – 7:00AM<br>Kimberly         |
|   | <b>PowerFlex</b><br>9:00AM – 10:30AM<br>Jan                         | <b>Essentrics Xpress</b><br>6:30AM – 7:00AM<br>Kimberly        | <b>4-3-2-1 &amp; Corepole</b><br>9:00AM – 10:30AM<br>Jan    | <b>Les Mills Body Combat</b><br>Tiffany A. (odd)                |
| <b>Essentrics</b><br>9:00AM – 10:00AM<br>Kimberly         | <b>Les Mills Body Pump</b><br>9:00AM – 10:00AM<br>Jordan            | <b>Les Mills Body Combat</b><br>9:00AM – 10:00AM<br>Tiffany A. | <b>Les Mills Body Pump</b><br>9:00AM – 10:00AM<br>Jordan    | <b>Les Mills Body Step</b><br>9:00AM – 10:00AM<br>Jordan (even) |
| <b>Les Mills Body Step</b><br>9:00AM – 10:00AM<br>Jordan  | <b>Les Mills Body Flow</b><br>10:15AM – 11:15AM<br>Tiffany A.       | <b>Mind/Body Fitness</b><br>10:00AM – 11:00AM<br>Varies        | <b>Essentrics</b><br>10:35AM – 11:35AM<br>Kimberly          | <b>Step Combo</b><br>9:00AM – 9:55AM<br>Mary                    |
| <b>Yoga (Level 1)</b><br>10:30AM – 11:45AM<br>Kathleen    | <b>Essentrics</b><br>10:35AM – 11:35AM<br>Kimberly                  | <b>Turbo Kick</b><br>10:15AM – 11:15AM<br>Lynzie               | <b>Senior Fit</b> ↑<br>10:45AM – 11:45AM<br>Mary            | <b>Zumba®</b><br>10:00AM – 11:00AM<br>Patty or Mary             |
| <b>Spinning®</b><br>12:10PM – 1:00PM<br>Jan               | <b>Senior Fit</b> ↓<br>10:45AM – 11:45AM<br>Mary                    | <b>Spinning®</b><br>12:10PM – 1:00PM<br>Jan                    | <b>Les Mills CXWORX</b><br>12:10PM – 12:40PM<br>Tiffany A.  | <b>Essentrics Barre</b><br>10:00AM – 11:00AM<br>Kimberly        |
| <b>PowerFlex Express</b><br>12:10PM – 12:40PM<br>Michelle | <b>Les Mills Body Pump</b><br>1 Summer break                        | <b>PowerFlex Express</b><br>12:10PM – 12:40PM<br>Michelle      |   | <b>Easy Yoga</b><br>11:00AM – noon<br>Kathleen                  |
| <b>“Core” Extreme</b><br>12:40PM – 1:00PM<br>Mary         | <b>“RAW” Real Athletic Workout</b><br>12:10PM – 12:55PM<br>Michelle | <b>“Core” Extreme</b><br>12:40PM – 1:00PM<br>Mary              |   | <b>PowerFlex</b><br>12:10PM – 1:00PM<br>Michelle                |
| <b>Senior Fit</b> ↑<br>1:15PM – 2:15PM<br>Mary            | <b>Yoga (Level 1)</b><br>4:20PM – 5:20PM<br>Catie                   | <b>Senior Fit</b> ↓<br>1:15PM – 2:15PM<br>Mary                 | <b>Yoga (Level 1)</b><br>4:20PM – 5:20PM<br>Catie           | <b>Hip Hop Boot Camp</b><br>5:30PM – 6:30PM<br>Chelsey          |
|   | <b>Youth Martial Arts</b><br>4:15PM – 5:15PM<br>Tosh                |  | <b>Youth Martial Arts</b><br>4:15PM – 5:15PM<br>Tosh        | <b>OULA (odd)</b><br>Kimi                                       |
| <b>STRONG by Zumba®</b><br>5:30PM – 6:30PM<br>Tiffany R.  | <b>Martial Arts</b><br>5:20PM – 6:30PM<br>Tosh                      | <b>TRX</b><br>5:30pm – 6:30pm<br>Kayla                         |   | <b>Zumba® (even)</b><br>6:30PM – 7:30PM<br>Tiffany R.           |
| <b>Boot Camp</b><br>5:30PM – 6:30PM<br>Jaymie             | <b>Les Mills Body Pump</b><br>5:25PM – 6:25PM<br>Kayla              | <b>Boot Camp</b><br>5:30PM – 6:30PM<br>Jaymie                  | <b>Martial Arts</b><br>5:20PM – 6:30PM<br>Tosh              | <b>SATURDAY</b>   |
| <b>Spinning®</b><br>5:30PM – 6:30PM<br>Paul               | <b>Essentrics</b><br>5:30PM – 6:30PM<br>Varies                      | <b>Spinning®</b><br>5:30PM – 6:30PM<br>Steve/Tiffany A.        | <b>Les Mills Body Pump</b><br>5:25PM – 6:25PM<br>Kayla      | <b>SPINNING®</b><br>Summer break<br>varies                      |
| <b>Zumba® Toning</b><br>6:30PM – 7:30PM<br>Betty          | <b>Zumba®</b><br>6:30PM – 7:30PM<br>Catie                           | <b>Zumba®</b><br>6:30PM – 7:30PM<br>Betty                      | <b>Essentrics</b><br>5:30PM – 6:30PM<br>Varies              | <b>Les Mills Body Pump</b><br>8:15AM – 9:15AM<br>Tiffany A.     |
|   | <b>Les Mills Body Flow</b><br>6:30PM – 7:30PM<br>Tiffany A.         |  | <b>Turbo Kick</b><br>5:20PM – 6:20PM<br>Lynzie              | <b>BOY FIT</b><br>Summer break                                  |
| <b>SUNDAY</b>   |   |  | <b>Zumba®</b><br>6:30PM – 7:30PM<br>Catie                   | <b>Easy Yoga</b><br>9:30AM – 10:30AM<br>Rosanne                 |
| <b>OULA</b><br>1:30 PM – 2:30 PM<br>Beth or Sam           |   |  |   | <b>Zumba®</b><br>10:35AM – 11:35AM<br>Varies                    |
|   |   |  |   | <b>Family Martial Arts</b><br>11:00AM – 12:00PM<br>Tosh         |