



ACCESS FITNESS

Group Exercise Schedule 2017

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BootCamp Kettles 5:00AM – 6:00AM Paul	Les Mills Body Combat 5:00AM – 6:00AM Tiffany A.	TRX 5:00AM – 6:00AM Karly	Les Mills Body Pump 5:00AM – 6:00AM Tiffany A.	Turbo Kick 5:00AM – 6:00AM Lynzie
Spinning® 5:45AM – 6:45AM Jamie	BOX FIT 5:15AM – 6:15AM Paul	Spinning® 5:45AM – 6:45AM Jamie		Spinning® 5:45AM – 6:45AM Jamie
Essentrics Xpress 6:30AM – 7:00AM Kimberly	Powerwalk 8:45AM – 9:00AM Jan	Essentrics Xpress 6:30AM – 7:00AM Kimberly	Powerwalk 8:45AM – 9:00AM Jan	Les Mills Body Combat 9:00AM – 10:00AM Tiffany A. (odd)
Essentrics (1st3rd5th) Kimberly	PowerFlex 9:00AM – 10:30AM Jan	Les Mills Body Combat 9:00AM – 10:00AM Tiffany A.	4-3-2-1 & Corepole 9:00AM – 10:30AM Jan	Les Mills Body Step 9:00AM – 10:00AM Jordan (even)
Restorative Yoga (2nd4th) 9:00AM – 10:15AM Pam	Les Mills Body Pump 9:00AM – 10:00AM Jordan	PIYO 9:00AM – 10:00AM Mercede	Les Mills Body Pump 9:00AM – 10:00AM Jordan	Step Combo 9:00AM – 9:55AM Mary
Les Mills Body Step 9:00AM – 10:00AM Jordan	Les Mills Body Flow 10:00AM – 11:00AM Tiffany A.	Mind/Body Fitness 10:00AM – 11:00AM Varies	Essentrics 10:35AM – 11:35AM Kimberly	Zumba® 10:00AM – 11:00AM Patty or Mary
Yoga (Level 1) 10:30AM – 11:45AM Kathleen	Essentrics 10:35AM – 11:35AM Kimberly	Turbo Kick 10:15AM – 11:15AM Lynzie	Senior Fit ↑ 10:45AM – 11:45AM Mary	Essentrics Barre 10:00AM – 11:00AM Kimberly
Spinning® 12:10PM – 1:00PM Jan	Senior Fit ↓ 10:45AM – 11:45AM Mary	Spinning® 12:10PM – 1:00PM Jan	Les Mills Body Flow 12:10PM – 1:00PM Tiffany A.	Easy Yoga 11:00AM – noon Kathleen
PowerFlex Express 12:10PM – 12:40PM Michelle	“RAW” Real Athletic Workout 12:10PM – 12:55PM Michelle	PowerFlex Express 12:10PM – 12:40PM Michelle		PowerFlex 12:10PM – 1:00PM Michelle
“Core” Extreme 12:40PM – 1:00PM Mary	Yoga (Level 1) 4:20PM – 5:20PM Catie	“Core” Extreme 12:40PM – 1:00PM Mary	Yoga (Level 1) 4:20PM – 5:20PM Catie	Hip Hop Boot Camp 5:30PM – 6:30PM Chelsey
Senior Fit ↑ 1:15PM – 2:15PM Mary	Youth Martial Arts 4:15PM – 5:15PM Tosh	Senior Fit ↓ 1:15PM – 2:15PM Mary	Youth Martial Arts 4:15PM – 5:15PM Tosh	OULA (odd) Kimi
Les Mills Body Step/CXWorx 5:30PM – 6:45PM Kayla	Martial Arts 5:20PM – 6:30PM Tosh	STRONG by Zumba® 5:30PM – 6:30PM Tiffany R.	Martial Arts 5:20PM – 6:30PM Tosh	Zumba® (even) 6:30PM – 7:30PM Tiffany R.
Boot Camp 5:30PM – 6:30PM Jaimie	Les Mills Body Pump 5:25PM – 6:25PM Kayla	Boot Camp 5:30PM – 6:30PM Jaimie	Les Mills Body Pump 5:25PM – 6:25PM Kayla	SATURDAY
Spinning® 5:30PM – 6:30PM Jamie	TRX 5:30PM – 6:30PM Paul	Spinning® 5:30PM – 6:30PM Paul	Turbo Kick 5:20PM – 6:20PM Lynzie	SPINNING® 8:00AM – 9:00AM Varies
Zumba® Toning 6:30PM – 7:30PM Betty	Zumba® 6:30PM – 7:30PM Catie	Essentrics 5:30PM – 6:30PM Kimberly	Zumba® 6:30PM – 7:30PM Catie	TRX 9:00AM – 10:00AM Varies
SUNDAY		Zumba® 6:30PM – 7:30PM Betty		Easy Yoga 9:30AM – 10:30AM Rosanne
OULA 1:30 PM – 2:30 PM Beth or Sam				Zumba® 10:35AM – 11:35AM Varies
				Family Martial Arts 11:00AM – 12:00PM Tosh