



ACCESS FITNESS

Group Exercise Schedule 2019

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 Paul	Les Mills Body Pump 5:00AM – 6:00AM Tiffany A.	Turbo Kick 5:00AM – 6:00AM Shauna
Spinning® 5:45AM – 6:45AM Jamie	Powerwalk 8:45AM – 9:00AM Jan	Turbo Kick 5:00AM – 6:00AM Shauna	Powerwalk 8:45AM – 9:00AM Jan	Spinning® 5:45AM – 6:45AM Jamie
Essentrics Express 6:30AM – 7:00AM Kimberly	PowerFlex 9:00AM – 10:30AM Jan	Spinning® 5:45AM – 6:45AM Jamie	4-3-2-1 & Corepole 9:00AM – 10:30AM Jan	Essentrics Express 6:30AM – 7:00AM Kimberly
TRX ★ 7:30AM – 8:30AM Kayla	Les Mills Body Pump 8:50AM – 9:50AM Jordan	Essentrics Express 6:30AM – 7:00AM Kimberly	Les Mills Body Pump 8:50AM – 9:50AM Jordan	Les Mills Body Combat Tiffany A. (odd)
Les Mills Body Step 8:50AM – 9:50AM Jordan	Pilates ★ 10:00AM – 11:00AM GX2 Sammy	Les Mills Body Pump 7:30AM – 8:30AM ★ Kayla	Essentrics 10:35AM – 11:35AM Kimberly	Les Mills Body Step 8:50AM – 9:50AM Jordan (even)
Essentrics 9:00AM – 10:00AM Kimberly	Essentrics 10:35AM – 11:35AM Kimberly	Les Mills Body Combat 8:50AM – 9:50AM Tiffany A.	Senior Fit ↑ 10:45AM – 11:45AM Mary	Step Combo 9:00AM – 9:55AM Mary
Les Mills CX Worx ★ 10:00AM – 10:30AM Tiffany A.	Senior Fit ↓ 10:45AM – 11:45AM Mary	Les Mills Body Flow 10:00AM – 11:00AM Tiffany A.	Les Mills TRX / CXWorx 12:10PM – 1:00PM Tiffany A.	Zumba® 10:00AM – 11:00AM Patty
Yoga (Level 1) 10:30AM – 11:45AM Kathleen	“RAW” Real Athletic Workout 12:10PM – 12:55PM Michelle	Turbo Kick 10:00AM – 11:00AM Katie F	Easy Yoga 11:00AM – noon Kathleen	Essentrics Barre 10:00AM – 11:00AM Kimberly
Spinning® 12:10PM – 1:00PM Jan	Yoga 360 4:20PM – 5:20PM Catie	Spinning® 12:10PM – 1:00PM Jan	PowerFlex 12:10PM – 1:00PM Michelle	Les Mills Body Flow 10:00AM – 11:00AM GX2 Tiffany A.
PowerFlex Express 12:10PM – 12:40PM Michelle	Youth Martial Arts 4:15PM – 5:15PM Tosh	PowerFlex Express 12:10PM – 12:40PM Michelle	“Core” Extreme 12:40PM – 1:00PM Mary	Yoga 11:00AM – noon Kathleen
“Core” Extreme 12:40PM – 1:00PM Mary	Martial Arts 5:20PM – 6:20PM Tosh	“Core” Extreme 12:40PM – 1:00PM Mary	Senior Fit ↓ 1:15PM – 2:15PM Mary	PowerFlex 12:10PM – 1:00PM Michelle
Senior Fit ↑ 1:15PM – 2:15PM Mary	Les Mills Body Combat 5:30PM – 6:30PM Katie B	Senior Fit ↓ 1:15PM – 2:15PM Mary	Yoga 360 4:20PM – 5:20PM Catie	Les Mills Body Flow 10:00AM – 11:00AM GX2 Tiffany A.
Les Mills Body Combat 5:30PM – 6:30PM Katie B	TRX 5:30PM – 6:30PM Kayla	Yoga 360 4:20PM – 5:20PM Catie	Youth Martial Arts 4:15PM – 5:15PM Tosh	Yoga 11:00AM – noon Kathleen
Boot Camp 5:30PM – 6:30PM Jaimie	TRX 5:30PM – 6:30PM Kayla	Yoga 360 4:20PM – 5:20PM Catie	Martial Arts 5:20PM – 6:20PM Tosh	PowerFlex 12:10PM – 1:00PM Michelle
Spinning® 5:30PM – 6:30PM Greg	Les Mills Body Pump 5:25PM – 6:25PM Desiree	Senior Fit ↓ 1:15PM – 2:15PM Mary	Turbo Kick 5:30PM – 6:30PM Shauna	Les Mills Body Combat 5:30PM – 6:30PM Katie B
Zumba® Toning 6:30PM – 7:30PM Betty	Essentrics 5:30PM – 6:30PM Marcia	Boot Camp 5:30PM – 6:30PM Jaimie	Les Mills Body Pump 5:25PM – 6:25PM Kayla	OULA 6:30PM – 7:30PM Kimi
	Zumba® 6:30PM – 7:30PM Catie	Spinning® 5:30PM – 6:30PM Steve	Essentrics 5:30PM – 6:30PM GX2 Lynn	Les Mills Body Combat 5:30PM – 6:30PM Katie B
		Zumba® 6:30PM – 7:30PM Melody	Les Mills Body Flow 6:30PM – 7:30PM GX2 Tiffany A.	Les Mills Body Pump 8:15AM – 9:00AM
			Zumba® 6:30PM – 7:30PM Catie	Les Mills CXWORX 9:00AM – 9:30AM Tiffany A.
				Pilates 9:30AM – 10:30AM Sammy
				Zumba® 10:35AM – 11:35AM Varies
				Family Martial Arts 11:00AM – noon Tosh
SUNDAY OULA 1:30PM – 2:30PM Beth or Sam				