

Group Exercise Schedule *May 2024*

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		SATURDAY	SUNDAY
5:45am	TOTAL BODY BLAST AMY	BODYPUMP™ ANGELA	TONE AMY/MANU			7:00am-7:45am	DEEP WATER KIM	
7:00am	DEEP WATER HIIT CINDY			DEEP WATER HIIT CINDY		7:50am-8:20am	DEEP WATER BLAST KIM	
7:45am					DEEP WATER KIM	8:30am	HATHA YOGA SONIA	CARDIO BARRE MELANIE
8:00am	EASY AQUA DEEP CINDY	DEEP WATER KIM	DUAL DEPTH AQUA FIT KELLIE	DEEP WATER CINDY			CARDIO KICKBOX AMY	TONETM MATT/KRISTEN
	CARDIO DRUMMING TRACEY	STRENGTH AND BALANCE REBECCA				9:45am	ZUMBA® HARMANI	GENTLE YOGA FLOW MELANIE/KIM
9:00am	HIIT & LIFT CORINNE	BODYPUMP™ HARMANI	HIIT & LIFT CORINNE	TONETM MARY	BODYPUMP™ MANU		STEP SUSAN	BODYPUMP™ ANGELA/DEE
		ZUMBA® MANU/SARAH	BARRE MELANIE		S.E.A.T. REBECCA	PILATES KIM	11:15am	TAI CHI FLOW JOE
9:15am	AQUA FIT JOE	AQUA FIT REBECCA	AQUA BLAST KELLIE	AQUA FIT MARIETTE	AQUA FIT ROTATING			
10:15am	EZ CARDIO STREN. ANN/TRACEY	TONETM MARY	FUNCTIONAL STRENGTH JOY	Country LINE DANCING TRACEY	EZ CARDIO STRENGTH TRACEY	 <p>PLEASE NOTE MEMORIAL DAY SCHEDULE Facility Hours 5am-6pm</p> <p>Monday, May 27 7:00: Deep Water with Cindy 8:00am Deep Water with Manu 9:00am Zumba® with Manu 9:15am Aqua Fit with Joe 10:15am Vinyasa Yoga with Melanie 11:30am Chair Yoga with Melanie</p> <p>Schedule is subject to change. Please check Member Portal for changes.</p>		
				AQUALATES REBECCA				
		VINYASA YOGA MELANIE	HATHA YOGA MELANIE		VINYASA YOGA VALERIE			
11:00am			CHAIR YOGA TRACEY					
11:30am	CHAIR YOGA MELANIE	WELLNESS COMBO REBECCA		WELLNESS COMBO REBECCA		<p>Sign up required for ALL group fitness classes. This secures your spot AND you receive an email should a class be canceled.</p> <p>Please help us keep our studio floors and equipment clean. Bring an "indoor" only pair of shoes to wear throughout the facility.</p>		
12:30pm		S.E.A.T. JOE		CHAIR YOGA TRACEY				
1:15pm			TAI CHI JOE					
4:15pm		GENTLE YOGA MELANIE		FUNCTIONAL STRETCH DARCY				
4:30pm	TONE® MATT	STEP SARAH	BODYPUMP™ ANGELA (45MIN)	CARDIO FUSION SUSAN		<p>SCAN QR CODE FOR CLASS DESCRIPTIONS</p>  <p>To take a class, reserve in Member Portal. If you cannot make it to a class that you have reserved, please remove yourself from the reservation ASAP, to allow others to register.</p>		
	MAT PILATES KIM/ANN		CARDIO DRUMMING TRACEY					
5:30pm	VINYASA YOGA MELANIE	ZUMBA® STACIE	HATHA YOGA VALERIE	ZUMBA® HARMANI		<p>MIND BODY</p> <p>GROUP FIT</p> <p>FAC POOL</p>		
	TOTAL BODY BLAST AMY	TONETM SUSAN	CARDIO KICKBOX AMY	BODYPUMP™ DEE (5:35pm)				
6:30pm		SHALLOW WATER KELLIE				<p>GYMNASIUM</p> <p>myzone®</p> <p>LAP POOL</p>		
	BODYPUMP™ SANDY		TONETM MATT					
		DEEP WATER KELLIE						
6:45pm		HIIT & LIFT MARIA	CARDIO BARRE NANCY	POWER YOGA SYLVIA				
7:00pm			DEEP WATER HIIT KELLIE					

CYCLE SCHEDULE *May 2024*

myzone	MON	TUES	WEDS	THURS	FRI
5:45am	RPM™ ED		RPM™ HARMANI		RPM™ ED
9:00am	RPM™ AMY		RPM™ MARY		CYCLE AMY
5:30pm	RPM™ SARAH	CYCLE ROGER	CYCLE NANCY		

	SAT	SUN
8:15am	RPM™ HARMANI	
8:30am-10:00am		CYCLE ROGER

Join our instructors for our LIVE Les Mills RPM™ and Cycle Classes!



- Towels available!
- Reserve your seat in the Member Portal.
- If you cannot make it to a class that you have reserved, please remove yourself from the reservation ASAP to allow others to register.
- Class descriptions online.

IN-HOUSE VIRTUAL PROGRAMMING NEW! CLASSES IN GROUP EXERCISE STUDIO ADDED

	MON	TUES	WEDS	THURS	FRI		SAT	SUN
5:05am	SPRINT™	SPRINT™	SPRINT™	SPRINT™	SPRINT™	7:00am	SPRINT™	RPM™
5:45am		RPM™ VIRTUAL		CYCLE VIRTUAL		(25 min)	FULL BODY STRENGTH	STRENGTH CARDIO BOOTCAMP
7:00am (25MIN)	STRENGTH CARDIO BOOT CAMP	FULL BODY STRENGTH	STRENGTH CARDIO BOOTCAMP	FULL BODY STRENGTH	CARDIO STRENGTH CIRCUIT	10:00am	RPM™	
7:30am	SPRINT™	RPM™	SPRINT™	RPM™	RPM™ EXPRESS	12:00pm	SPRINT™	RPM™
8:15am			SPRINT™			12:00PM (30 MIN)	COMPLEX STRENGTH TRAINING	COMPLEX STRENGTH TRAINING
9:00am		CYCLE		SPRINT™		1:00pm (25 MIN)	MAT PILATES	HIIT
10:15am	RPM™ EXPRESS	SPRINT™	CYCLE	RPM™	RPM™	1:30pm (30 MIN)	HIIT	MAT PILATES
11:15am	SPRINT™	CYCLE	RPM™	CYCLE	RPM™	2:00pm	SPRINT™	RPM™
12:00pm (30 MIN)	COMPLEX STRENGTH TRAINING	CORE KILLER	COMPLEX STRENGTH TRAINING	CORE KILLER	COMPLEX STRENGTH TRAINING	3:00pm	RPM™	CYCLE
12:15pm	RPM™	RPM™ EXPRESS	SPRINT™	RPM™	SPRINT™	4:00pm (30 min)	CARDIO STRENGTH	CARDIO STRENGTH
1:00pm (25 MIN)	HIIT	MAT PILATES	HIIT	MAT PILATES	HIIT	4:30pm	RPM™	RPM™
1:30pm (20 MIN)	MAT PILATES	HIIT	MAT PILATES	HIIT	MAT PILATES			
2:00pm	RPM™	SPRINT™	CYCLE	RPM™	CYCLE			
3:00pm	RPM™	RPM™	RPM™ EXPRESS	SPRINT™	RPM™			
4:30pm	SPRINT™	RPM™	CYCLE	BEGINNER RPM™	RPM™			
4:30pm (40 min)					KICKBOXING			
5:30pm				CYCLE	SPRINT™			
6:45pm	SPRINT™	RPM™	RPM™	RPM™	RPM™			
7:00pm (45 min)				LEARN YOGA FLOW				
7:45pm (45 min)	LEARN YOGA FLOW		LEARN YOGA FLOW					

Gray=Cycle Zone Location

Blue=Group Exercise Location

We are excited to launch virtual at the club! We are experimenting with class times, style and length. Your feedback is valuable.

Email: mdefreze@mgb.org

NEW TO IN-STUDIO VIRTUAL? CLASSES START AUTOMATICALLY. SIGN UP IN THE MEMBER PORTAL.