

# Group Exercise Schedule August 2024

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		SATURDAY	SUNDAY	
5:45am	<b>TOTAL BODY BLAST</b> AMY	<b>BODYPUMP™</b> ANGELA	<b>TONE</b> AMY/MANU			7:00am-7:45am	<b>DEEP WATER</b> KIM		
7:00am	<b>DEEP WATER HIIT</b> CINDY			<b>DEEP WATER HIIT</b> CINDY					
7:45am					<b>DEEP WATER</b> KIM	7:50am-8:20am	<b>DEEP WATER BLAST</b> KIM		
8:00am	<b>EASY AQUA DEEP</b> CINDY	<b>DEEP WATER</b> KIM	<b>DUAL DEPTH AQUA FIT</b> KELLIE	<b>DEEP WATER</b> CINDY		8:30am	<b>HATHA YOGA</b> SONIA	<b>CARDIO BARRE</b> MELANIE/KIM	
	<b>CARDIO DRUMMING</b> AMY	<b>STRENGTH AND BALANCE</b> REBECCA					<b>CARDIO KICKBOX</b> AMY	<b>TONETM</b> MATT/KRISTEN	
9:00am	<b>HIIT &amp; LIFT</b> CORINNE	<b>BODYPUMP™</b> HARMANI	<b>HIIT &amp; LIFT</b> CORINNE	<b>TONETM</b> MARY	<b>BODYPUMP™</b> MANU	9:45am	<b>ZUMBA®</b> HARMANI	<b>GENTLE YOGA FLOW</b> MELANIE	
	<b>ZUMBA®</b> MANU/SARAH	<b>BARRE</b> MELANIE		<b>S.E.A.T.</b> REBECCA	<b>PILATES</b> KIM		<b>STEP</b> SUSAN	<b>BODYPUMP™</b> ANGELA/DEE	
9:15am	<b>AQUA FIT</b> ROZ	<b>AQUA FIT</b> REBECCA	<b>AQUA BLAST</b> KELLIE	<b>AQUA FIT</b> MARIETTE	<b>AQUA ZUMBA</b> SARAH				
10:15am	<b>EZ CARDIO STREN.</b> ANN/TRACEY	<b>TONETM</b> MARY	<b>FUNCTIONAL STRENGTH</b> JOY	<b>Country LINE DANCING</b> TRACEY	<b>EZ CARDIO STRENGTH</b> TRACEY	11:30am			
				<b>AQUALATES</b> REBECCA			<b>WELLNESS COMBO</b> REBECCA		
	<b>VINYASA YOGA</b> MELANIE	<b>HATHA YOGA</b> MELANIE		<b>VINYASA YOGA</b> KELLY	<b>HATHA</b> VALERIE	12:30pm			
11:30am	<b>CHAIR YOGA</b> MELANIE	<b>WELLNESS COMBO</b> REBECCA		<b>WELLNESS COMBO</b> REBECCA		4:15pm			
12:30pm		<b>S.E.A.T.</b> REBECCA		<b>CHAIR YOGA</b> TRACEY		4:30pm			
4:15pm		<b>RESTORATIVE YOGA</b> MELANIE				5:30pm			
	<b>TONETM</b> MATT	<b>STEP</b> SARAH	<b>BODYPUMP™</b> ANGELA (45MIN)	<b>CARDIO FUSION</b> SUSAN			<b>VINYASA YOGA</b> MELANIE	<b>ZUMBA®</b> STACEY	<b>HATHA YOGA</b> VALERIE
	<b>MAT PILATES</b> KIM/ANN		<b>CARDIO DRUMMING</b> TRACEY	<b>CARDIO DRUMMING</b> TRACEY		<b>TOTAL BODY BLAST</b> AMY	<b>TONETM</b> SUSAN	<b>CARDIO KICKBOX</b> AMY	<b>BODYPUMP™</b> DEE (5:35pm)
		<b>SHALLOW WATER</b> KELLIE							
6:30pm	<b>BODYPUMP™</b> SANDY					6:45pm			
		<b>DEEP WATER</b> KELLIE	<b>DEEP WATER HIIT</b> ROZ				<b>HIIT &amp; LIFT</b> MARIA	<b>CARDIO BARRE</b> NANCY	<b>POWER YOGA</b> SYLVIA

**the works**  **Aqua classes noted with a sunshine held outside!**  
A Kentworth-Douglas Hospital FAMILY HEALTH & FITNESS CENTER

### Currently Scheduled Closings:

LAP POOL AND WHIRLPOOL CLOSED MONDAY, AUGUST 26. REOPENING MONDAY, SEPTEMBER 2

- Aqua Group Exercise Classes: 9:15am classes will be held outdoors, weather permitting.
- Thursday, 10:15am Aqualates class will be cancelled.

FAMILY AQUATIC CENTER POOL CLOSED MONDAY, SEPTEMBER 2. REOPENING MONDAY, SEPTEMBER 16.

- All Aqua Group Exercise Classes usually held in the FAC will be cancelled.
- Please see Member Portal for details.

Sign up required for ALL group fitness classes. This secures your spot AND you receive an email should a class be canceled. Please help us keep our studio floors and equipment clean. Bring an "indoor" only pair of shoes to wear throughout the facility.

### SCAN QR CODE FOR CLASS DESCRIPTIONS



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.

MIND BODY	GROUP FIT	FAC POOL
GYMNASIUM		LAP POOL

# CYCLE SCHEDULE *August 2024*

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

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

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 LES MILLS OFFERINGS!

	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)	BODYPUMP	LES MILLS DANCETM
7:00am (30 MIN)	LES MILLS BODY ATTACK™	LES MILLS CORE™	FULL BODY STRENGTH	LES MILLS CORE™	BODYPUMPTM TUTORIAL	10:00am	RPM™	CYCLE
7:30am	SPRINT™	RPM™	SPRINT™	RPM™	RPM™ EXPRESS	12:00pm	SPRINT™	RPM™
8:15am			SPRINT™			12:00PM (30 MIN)	BODY COMBAT™	LES MILLS CORE™
9:00am		CYCLE	RPM™	SPRINT™		1:30pm (30 MIN)	BODY ATTACK™	BODY COMBAT™
10:15am	RPM™ EXPRESS	SPRINT™	CYCLE	RPM™	RPM™	2:00pm	SPRINT™	RPM™
11:15am	SPRINT™	CYCLE	RPM™	CYCLE	RPM™	3:00pm	RPM™	CYCLE
12:00pm (30 MIN)	FULL BODY SUPERSET	BODY COMBAT™ INTRO	LES MILLS CORE™	BODY ATTACK™	LES MILLS CORE™	4:00pm (30 min)	CARDIO STRENGTH	CARDIO STRENGTH
12:15pm	RPM™	RPM™ EXPRESS	SPRINT™	RPM™	SPRINT™	4:30pm	RPM™	RPM™
1:30pm (30 MIN)	LEARN LES MILLS BODY COMBAT™	BODYPUMPTM TUTORIAL	BODY ATTACK™	FULL BODY STRENGTH	GLUTE AND LEGS			
2:00pm	RPM™	SPRINT™	CYCLE	RPM™	CYCLE			
3:00pm	RPM™	RPM™	RPM™ EXPRESS	SPRINT™	RPM™			
3:35pm (30 MIN)		LES MILLS CORE™		LES MILLS CORE™				
4:30pm	SPRINT™	RPM™	CYCLE	BEGINNER RPM™	RPM™			
4:30pm (40 min)					BODYPUMPTM			
5:30pm			RPM™	CYCLE	SPRINT™			
6:45pm	SPRINT™	RPM™	RPM™	RPM™	RPM™			
7:00pm (45 min)				LEARN YOGA FLOW				
7:45pm (45 min)	BODY COMBAT INTRO™		BODY ATTACK™					

Gray=Cycle Zone Location

Blue=Group Exercise Location

We would LOVE your feedback!

Email: [mdefreze@mgb.org](mailto:mdefreze@mgb.org)

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