

# September Group Exercise Schedule

	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		7:50am-8:20am	<b>DEEP WATER BLAST</b> KIM	
7:45am					<b>DEEP WATER</b> KIM	8:30am	<b>HATHA YOGA</b> SONIA	<b>CARDIO BARRE</b> MELANIE/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>CARDIO KICKBOX</b> AMY	<b>TONETM</b> MATT/KRISTEN
	<b>CARDIO DRUMMING</b> AMY	<b>STRENGTH AND BALANCE</b> REBECCA						
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			
	<b>AQUA FIT</b> ROZ <b>NEW!</b>			<b>AQUALATES</b> REBECCA				
	<b>VINYASA YOGA</b> MELANIE	<b>HATHA YOGA</b> MELANIE		<b>VINYASA YOGA</b> MELANIE	<b>HATHA</b> VALERIE			
11:00AM			<b>CHAIR YOGA</b> TRACEY <b>NEW!</b>					
11:30am	<b>CHAIR YOGA</b> MELANIE	<b>WELLNESS COMBO</b> REBECCA		<b>WELLNESS COMBO</b> REBECCA				
12:30pm		<b>S.E.A.T.</b> REBECCA		<b>CHAIR YOGA</b> TRACEY				
1:15pm			<b>TAI CHI</b> JOE <b>NEW!</b>					
4:15pm		<b>RESTORATIVE YOGA</b> MELANIE						
4:30pm	<b>TONETM</b> MATT	<b>STEP</b> SARAH	<b>BODYPUMP™</b> ANGELA (45MIN)	<b>CARDIO FUSION</b> SUSAN				
	<b>MAT PILATES</b> KIM/ANN		<b>CARDIO DRUMMING</b> TRACEY	<b>CARDIO DRUMMING</b> TRACEY				
5:30pm	<b>VINYASA YOGA</b> MELANIE	<b>ZUMBA®</b> STACEY	<b>HATHA YOGA</b> VALERIE	<b>ZUMBA®</b> HARMANI				
	<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>NEW!</b>		<b>CARDIO BARRE</b> NANCY	<b>POWER YOGA</b> SYLVIA				
		<b>CARDIO S.C.</b> NANCY	<b>TONETM</b> MATT <b>NEW!</b>					

**NEW!** Many new additions this month!  
Look for the red "New" symbol!

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

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

**September is Yoga Month! SPECIAL CLASSES:**

**Yoga Active Recovery with Sonia**

- Sunday, September 22 at 4:30

**Yoga Basics with Sylvia**

- Sunday, September 29 at 4:30

Sign up required for ALL group fitness classes. This secures your spot AND you receive an email should a class be canceled. If you cannot make it to a class that you have reserved, please remove yourself from the reservation ASAP, to allow others to register. 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 or go to Member Portal.

MIND BODY	GROUP FIT	FAC POOL
GYMNASIUM	myzone®	LAP POOL

# CYCLE SCHEDULE *September 2024*

myzone	MON	TUES	WEDS	THURS	FRI
5:45am	RPM™ ED		RPM™ HARMANI		RPM™ ED
7:30am				RPM™ ANGELA <b>NEW!</b>	
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 DANCET™
7:00am (30 MIN)	LES MILLS BODY ATTACK™	LES MILLS CORE™	STRENGTH CARDIO CIRCUIT	LES MILLS CORE™	BODYPUMP™	10:00am	RPM™	CYCLE
7:30am	SPRINT™	RPM™	SPRINT™		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)	HARD BODY	BODY COMBAT™	LES MILLS CORE™	BODY ATTACK™	BODYPUMP™	4:00pm (30 min)	CARDIO STRENGTH	HARD BODY
12:15pm	RPM™	RPM™ EXPRESS	SPRINT™	RPM™	SPRINT™	4:30pm	RPM™	RPM™
1:30pm (30 MIN)	LEARN LES MILLS BODY COMBAT™	BODYPUMP™	BODY ATTACK™	HARD BODY	STRENGTH CARDIO CIRCUIT			
2:00pm	RPM™	SPRINT™	CYCLE	RPM™	CYCLE			
3:00pm	RPM™	RPM™	RPM™ EXPRESS	SPRINT™	RPM™			
3:35pm (30 MIN)	BODYPUMP™	STRENGTH CARDIO CIRCUIT	LES MILLS CORE™	LES MILLS BODY COMBAT™				
4:30pm	SPRINT™	RPM™	CYCLE	BEGINNER RPM™	RPM™			
4:30pm (40 min)					LES MILLS BODY COMBAT™			
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™		LES MILLS CORE™					

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.**