

# 2021 Winter Group Ex Schedule\*

## Marilyn Fox Building - Chesterfield

Day	Time	Class	Instructor	Location
MON	5:45am	Insanity (starts 4/5)	Mindy	GX Studio
	8:15am	Cycle 40/20	Barb	Cycle Studio
	8:30am	Tabata	Kim V.	GX Studio
	9:30am	Express Sculpt (30m)	Kim V.	GX Studio
	12:00pm	Gentle Yoga (starts 3/29)	Carley	GX Studio
	6:30pm	Pilates	Monica	GX Studio
TUES	5:45am	50/50	Alana	GX Studio
	7:00am	Cycle	Alana	Cycle Studio
	8:00am	Core Fusion	Barb	GX Studio
	9:00am	Kettlebell	Susan	GX Studio
	9:30am	Aqua Flow	Nancee	Indoor Pool
	6:00pm	Barre	Monica	GX Studio
WED	5:45am	Insanity	Mindy	GX Studio
	7:30am	Cardio Intervals	Anna	GX Studio
	9:30am	Cardio Mix (starts 3/24)	Kim V.	GX Studio
	12:00pm	Gentle Yoga	Carley	GX Studio
	6:00pm	Cycle	Shelley	Cycle Studio
	6:30pm	Pilates	Monica	GX Studio
THUR	5:45am	50/50	Alana	GX Studio
	7:00am	Cycle	Alana	Cycle Studio
	8:30am	Cardio Pump	Susan	GX Studio
	9:30am	Express Shred	Susan	GX Studio
	9:30am	Aqua Flow	Nancee	Indoor Pool
	5:30pm	Barre	Michelle	GX Studio
FRI	9:00am	Cycle	Laina	Cycle Studio
	9:00am	Tabata	Shelly	GX Studio
	1:00pm	T'ai Chi	Craig	GX Studio
SAT	8:15am	Cycle	Alana	Cycle Studio
	8:30am	Total Conditioning	Dave	GX Studio
	9:30am	Tabata (starts 3/27)	Shelly	GX Studio
	11:30am	Zumba	Gaby	GX Studio
SUN	8:00am	Hatha Yoga - L2-3	Monica	GX Studio
	9:00am	Core & Cardio Intervals (45m)	Susan	GX Studio

Classes start on time.  
Members with reservations  
will have a five-minute grace  
period, after which we may  
fill open spaces.

Red indicates new class, time and/or instructor.

### \*\*Important Class Notes - Please Read\*\*

- Classes are limited to eight (8) participants in the Group Ex Studio
- **Classes are limited to seven (7) participants in the Cycle Studio**
- Members must reserve a spot online
- Late arrivals are not permitted in class after 10 minutes
- Spots can be reserved beginning 48 hours in advance of a class until one hour prior to start time
- Participants should maintain at least six feet from others in class
- Participants will need to bring their own mat if taking a class that requires one
- Participants will need to bring their own water bottle and towel. Water fountains cannot be used per county guidelines
- All classes are subject to change
- **Masks must be worn at all times, even during exercise.**
- **Mask can only be removed when in the pool.**

