

2021 Summer Fitness & Aquatics Group Ex Schedule

Marilyn Fox Building - Chesterfield

Day	Time	Class	Instructor	Location
Sunday	8:00am	Barre	Monica	MB Studio
	8:15am	Cycle	Alana	Cycle Studio
	9:00am	Hatha Yoga - L2-3	Monica	MB Studio
	9:00am	Core & Cardio Intervals (45m)	Susan	GX Studio
	10:30am	Insight Yoga	Elise	MB Studio
	11:45am	Zumba	Echo	GX Studio
Monday	5:45am	Insanity	Mindy	GX Studio
	8:00am	Aqua Fit (starts June 14)	Phyllis	Indoor Pool
	8:15am	Cycle 40/20	Barb	Cycle Studio
	9:00am	Tabata	Kim	GX Studio
	10:00am	Express Sculpt (30m)	Kim	GX Studio
	10:00am	Stretch	Kay	MB Studio
	5:30pm	Zumba	Danielle	GX Studio
6:30pm	High Fitness	Sarah	GX Studio	
	6:30pm	Pilates	Monica	MB Studio
Tuesday	5:45am	50/50	Alana	GX Studio
	7:00am	Cycle	Alana	Cycle Studio
	8:00am	Core Fusion	Barb	GX Studio
	8:00am	Aqua Fit (starts June 14)	Phyllis	Indoor Pool
	9:00am	Kettlebell	Susan	GX Studio
	9:30am	Aqua Flow	Nancee	Indoor Pool
	5:30pm	Circuit Intervals	Elise	GX Studio
6:00pm	Vinyasa Flow	Brenda	GX Studio	
Wednesday	5:45am	Insanity	Mindy	GX Studio
	7:30am	Circuit Training	Anna	GX Studio
	9:30am	Cardio Mix	Kim	GX Studio
	5:30pm	Zumba	Danielle	GX Studio
	6:00pm	Cycle	Julie	Cycle Studio
	6:30pm	Pilates	Monica	MB Studio
Thursday	5:45am	50/50	Alana	GX Studio
	7:00am	Cycle	Alana	Cycle Studio
	8:30am	Cardio Pump	Susan	GX Studio
	9:30am	Pump and Shred	Susan	GX Studio
	9:30am	Aqua Flow	Nancee	Indoor Pool
	5:30pm	Barre	Michelle	GX Studio
Friday	9:00am	Spin and Stretch	Laina	Cycle Studio
	9:00am	Tabata	Shelly	GX Studio
	10:00am	Turbo Kick	Clara	GX Studio
	1:00pm	T'ai Chi	Craig	GX Studio
Saturday	8:30am	Total Conditioning	Dave	GX Studio
	9:30am	H.I.I.T.	Shelly	GX Studio
	10:30am	Zumba	Danielle	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, location and/or instructor.

** Important Class Notes - Please Read **

- Classes have capacity limits: Cycle = 17; GX = 15; MB = 9
- Members must reserve a spot online
- Spots can be reserved beginning 48 hours in advance of a class
- Participants should maintain at least six feet from others in class
- All classes are subject to change

*updated 6/1/2021

