

June Fitness Schedule



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		Sunrise Circuits 6:15 - 7:15 AM Kristen Hessler Group Exercise 1		Sunrise Circuits 6:15 - 7:15 AM Kristen Hessler Group Exercise 1		
	Circl: Mobility & Flexibility 7:30 - 8:30 AM Sonia Chowdhury Group Exercise 2					
Power Sculpt 7:45 - 8:45 AM Deanne Bugos Group Exercise 1		Power Hour 7:30 - 8:30 AM Katie Hardie Group Exercise 1	Power Sculpt 7:45 - 8:45 AM Deanne Bugos Group Exercise 1 June 5th & 12th Only	Yoga Fusion 8:00 AM - 9:00 AM Christina Russell Group Exercise 1		
	Silver Sneakers Splash 9:00 - 10:00 AM Susan Meddick Pool	Mat Pilates 9:00 - 10:00 AM Paige Walker Group Exercise 2	Silver Sneakers Splash 9:00 - 10:00 AM Susan Meddick Pool		Silver Sneakers Splash 9:00 - 10:00 AM Leslie Janusz Pool	
SS Yoga 10:15 - 11:15 AM Kristen Hessler Group Exercise 1		Silver Sneakers Classic 10:15 - 11:15 AM Mary Wagner Group Exercise 1	Silver Sneakers Circuit 10:15 - 11:15 AM Kristen Hessler Group Exercise 1	SS Yoga 10:15 - 11:15 AM Kristen Hessler Group Exercise 1	Aerial Yoga 10:30AM - 11:30AM Giuliana Sheldon Group Exercise 2	Power Vinyasa 10:30AM - 11:30AM Stacy Kempher Group Exercise 2
Power Lunch 12:00 - 1:00 PM Kristen Hessler Group Exercise 1		Vinyasa Yoga Flow 12:00 - 1:00 PM Derik McCuiston Group Exercise 2	Power Lunch 12:00 - 1:00 PM Kristen Hessler Group Exercise 1	Aerial Hoop & Sling 11:00AM - 12:00PM Giuliana Sheldon Group Exercise 2		
HIIT 30 6:00 - 6:30PM Kelsey Newcomer No Class 6/23		Aerial Open Studio 6:00 - 7:00 PM Group Exercise 1 Must have open studio training				
Barre 30 6:45 - 7:15PM Group Exercise 1 No Class 6/23	Intro to Olympic Lifting 6:30 - 7:30 PM Nico Rithner HIIT Studio Begins June 17th!	Intro to Flow Arts 7:00 - 8:00 PM Malinda Rinne Group Exercise 2 No Class 6/25	Intro to Olympic Lifting 6:30 - 7:30 PM Nico Rithner HIIT Studio Begins June 17th!	Aerial Fabrics 6:30 - 7:30 PM Giuliana Sheldon Gymnastics Studio		