



WELLNESS CENTER BRANCH GROUP EXERCISE SCHEDULE

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Cycle 5:45-6:30 Jacob●	JPI 6:15-7:00 Ruben● #1	Cycle 5:45-6:30 Jacob●	JPI 6:15-7:00 Ruben #1	Cycle 5:45-6:30 Jacob●	Sunrise Yoga 7:45- 8:45am Shaheda ● #4	PIYO Pilates & Yoga 8:00-9:00 Fabiola● #4
Back To Abs 8:30-9:00 Paul● #1	Vinyasa Yoga 9:00-10:00 Angela● #4	Butts & Guts 8:30-9:00 Paul ● #1	Body Blast 9:15-10:00 Emily● #4	Kick Abs 6:15-7:00 Ruben● #1	Zumba@ 8:00-8:45 Patty● #1	Just Pump It 8:15-9:00 Ruben● #1
Firm & Fit 9:10-10:00 Wendy● #1	HIIT 9:15-10:00 Eddy● #1	Yoga 9:00-10:00 Shaheda● # 4	HIIT 9:15-10:00 Cadene● #1	Back to Abs 8:30am- 9:00 Paul● #1	Strength & More 9:00-9:45 Donna #1	AeroDance 9:15-10:00 Paola● #1
Barre Class 9:15-10:00 Shaheda● #4	Core & More 9:15-10:00 Emily● #2	Firm & Fit 9:10-10:10 Wendy● #1	Centering Yoga 10:15-11:30 Vanita● #4	Vinyasa Yoga 9:00-10:00 Shaheda● #4	Body Works 9:00-9:45 Marylou● #2	Zumba 9:15-10:00 #4 Shareena
Mat Pilates 10:15-11:00 Wendy● #4	Cycle 9:30-10:15 Curtis ●	Mat Pilates 10:15-11:00 Wendy● #2	Zumba Gold 10:15-11:00 Paola 1	Firm & Fit 9:10-10:10 Wendy● #1	POUND 9:00-9:45 Shareena #4	Cycle 9:15-10:00 Fabiola●
Just Pump It 10:20-11:05 Eddy● #1	Zumba 10:15-11:00 Paola #1	Just Pump It 10:20-11:05 Eddy● #1	Chair Fitness Coming Soon!	Mat Pilates 10:15-11:00 Wendy● #2	Cycle 9:30-10:15 Allison/● Connie	Yoga 10:15-11:15 Kristin M● #1
Chair/Floor Yoga 10:15-11:00 Shaheda● #2	Centering Yoga 10:15-11:30 Vanita● #4	Chair Yoga Basic 10:15-11:00 Shaheda● #4	Cycle 5:20-6:10 Anthony	Chair Yoga Basic 10:15-11:00 Shaheda● #4	Vinyasa Yoga 10:00-11:00 Irene ● #2	
Enhance Fitness Arthritis Program 12:30pm-1:30 Martha● #1	Chair Fitness Coming Soon!	Enhance Fitness Arthritis Program 12:30pm-1:30 Martha● #1	Strength & Core 5:30pm-6:15pm Tayrn● #1	Athletic Training 10:20-11:05 Eddy● #1	Kickboxing 10:00-10:45am Emily ● #4	
Gentle Yoga 4:20-5:20 Lisa● #4	Cycle 5:20-6:10 Anthony	Cycle 5:30-6:15 Curtis ●	Cardio & Strong Bones 5:30-6:15 Jeannie● #4	Enhance Fitness Arthritis Program 12:30pm-1:30 Martha● #1	Zumba Toning@ 10:00-10:45am Anne #1	
Cycle 5:30-6:15 Curtis ●	Zumba@ 5:30-6:15 Taryn● #1	Zumba 5:25- 6:10 Patty● #1	Back to Abs 6:30-7:15 Eddy● #1	Gentle Yoga 4:30-5:45 Lisa● #4	Kinesis 10:00-10:45 Shareena●Fit.Ctr.	
Zumba@ 5:30-6:15 Vicky● #1	Tai Chi 6:15-7:15 Rick● #2	Cardio & Strong Bones 5:30-6:15 Erin● #4	Back to Abs 6:45- 7:15 Liz● #4	Athletic Training 5:45-6:30 Eddy● #1		
Cardio & Strong Bones 5:30-6:15 Marylou● #4	Yoga 6:15-7:15 Lisa● #4	PIYO	Cycle 7:30-8:15 Liz ●	Zumba 6:45-7:30 Paola # 1		
B.Y.O.B 6:20-7:05 Ruben● #2	Boot Camp 6:30-7:15 Gina● #1	Pilates & Yoga 6:20-7:05 Fabiola● #2	Soul Sweat Yoga 7:30-8:45 Mick● #4			
Yoga 6:20-7:20 Dahlia #4	Zumba @ w/JPI 7:30-8:15 Shareena● #1	Step Zumba 6:15-7:00 Taryn● #1	Zumba 7:45-8:15 Paola● #1			
Cycle 7:15-8:00 Anthony ●	Mat Pilates 7:30-8:15 Donna● #4	Kickboxing 6:30-7:15 Emily● #4				
POUND 6:25-7:10 Shareena● #1	Cycle 8:20pm-9:05 Donna●	Cycle 7:00-7:45 Allison●				
Kinesis 7:15-8:00 Shareena● Fit. Ctr.	Zumba 8:25-9:10 Paola● #1	Zumba 7:10-7:55 Vicky #1				
Kickboxing 7:20-8:05 Donna B● #1		ChopraYoga & Meditation 7:45-9:00 Donna V● #4				
Line Dancing 7:30-8:30 Greg # 2		POUND 8:00-8:45 Shareena #1				
Just Pump It 8:15-9:00 Donna B● #1						

Wellness Center Group Exercise Schedule
Classes are First-Come, First-serve.
Please pick up a class card up to 30 minutes before class,
(10 min. for Zumba).
CLASSES ARE CLOSED 10 MIN AFTER START TIME
We recommend you bring your own yoga mat to class.
Please check the phone App for the most recent changes to the
schedule, (minor changes are made periodically).

Effective 4/7/17