



# WELLNESS CENTER BRANCH GROUP EXERCISE SCHEDULE

FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

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

Please ask for  
a class card from the  
Welcome Center Staff  
up to 30 minutes  
before class,

**IN CONSIDERATION OF  
CLASS PARTICIPANTS  
AND THE INSTRUCTOR,  
CLASSES ARE CLOSED  
10 MIN AFTER START TIME**