



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	HIIT 8:00-8:45 Liz ● #1
Butts & Guts 8:30-9:00 Paul ● #1	Vinyasa Yoga 9:00-10:00 Angela● #4	Back to Abs 8:30am- 9:00 Paul● #1	Just Pump It 9:15-10:00 Donna # 1	Back to Abs 8:30am- 9:00 Paul● #1	Zumba@ 8:00-8:45 Patty● #1	PIYO Pilates & Yoga 8:00-9:00 Fabiola● #4
Firm & Fit 9:10-10:00 Wendy● #1	HIIT 9:15-10:00 Eddy● #1	Yoga 9:00-10:00 Shaheda● # 4	Body Blast 9:15-10:00 Emily● #4	Vinyasa Yoga 9:00-10:00 Shaheda● #4	Cycle 8:00-8:45 Kathy● #2	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	Cycle 9:30-10:15 Curtis ●	Firm & Fit 9:10-10:10 Wendy● #1	Back to ABS 9:00-9:30 Kathy● #2	Zumba 9:15-10:00 Shareena● #4
Mat Pilates 10:15-11:00 Wendy● #4	Cycle 9:30-10:15 Donna ●	Mat Pilates 10:15-11:00 Wendy● #4	Zumba Gold 10:15-11:00 Paola● #1	Mat Pilates 10:15-11:00 Wendy● #4	Strength & More 9:00-9:45 Donna #1	Cycle 9:15-10:00 Fabiola●
Just Pump It 10:20-11:05 Eddy● #1	Zumba 10:15-11:00 Paola #1	Chair Yoga 10:15-11:00 Shaheda● #5	Centering Yoga 10:15-11:15 Donna● #4	Chair Yoga 10:15-11:00 Shaheda● #5	Body Works 9:00-9:45 Marylou● #2	Yoga 10:15-11:15 Kristin M● #1
Chair Yoga 10:15-11:00 Shaheda● #5	Centering Yoga 10:15-11:15 Angela● #4	Just Pump It 10:20-11:05 Eddy● #1	Stand-Chair Fit 11:45-12:45 Trish ● #1	Athletic Training 10:20-11:20 Eddy● #1	POUND 9:00-9:45 Shareena #4	
Enhance Fitness 12:30pm-1:30 Martha● #1	Stand-Chair Fit 11:45-12:45 Trish ● #1	Enhance Fitness 12:30pm-1:30 Martha● #1	Butts & Guts 4:45- 5:15 Jeannie● #4	Enhance Fitness 12:30pm-1:30 Martha● #1	Cycle 9:30-10:15 Allison/Taryn	
Gentle Yoga 4:20-5:20 Lisa● #4	Line Dancing 11:30-12:30 June # 2	Cycle 5:30-6:15 Curtis ●	Cycle 5:20-6:10 Anthony	Gentle Yoga 4:30-5:45 Lisa● #4	Vinyasa Yoga 10:00-11:00 Lisa #4	
Cycle 5:30-6:15 Curtis ●	Cycle 5:20-6:10 Anthony	Zumba 5:25- 6:10 Patty● #1	Strength & Core 5:30pm-6:15pm Taryn● #1	Zumba 6:45-7:30 Paola● #1	Zumba Toning@ 10:00-10:45am Anne #1	
Zumba@ 5:30-6:15 Vicky● #1	Zumba@ 5:30-6:15 Taryn #1	Cardio & Strong Bones 5:30-6:15 Jeannie● #4	Athletic Training 6:30-7:30 Eddy● #1		Kickboxing 11:00-11:45 Emily #1	
Cardio & Strong Bones 5:30-6:15 Marylou● #4	Tai Chi 6:15-7:15 Rick● #2	PIYO Pilates & Yoga 6:20-7:05 Fabiola● #2	Bollywood Dance 6:30-7:15 Paola● #4			
Athletic Training 6:30-7:30 Eddy● #1	Yoga 6:15-7:15 Lisa● #4	Step Zumba 6:15-7:00 Taryn● #1	Back to Abs 6:45-7:15 Liz ● #2			
Yoga 6:30-7:30 Dahlia #4	Boot Camp 6:30-7:15 Emily● #1	Kickboxing 6:30-7:15 Emily● #4	Cycle 7:30-8:15 Liz ●			
Cycle 7:15-8:00 Anthony ●	Zumba @ w/JPI 7:30-8:15 Shareena● #1	Cycle 7:00-7:45 7:00-7:45 Allison●	Soul Sweat Yoga 7:30-8:45 Mick● #4			
Kickboxing 7:20-8:05 Donna B● #4	Mat Pilates 7:30-8:15 Donna● #5	Zumba 7:10-7:55 Kimberly #1	Zumba 7:35-8:20 Paola● #1			
Line Dancing 7:30-8:30 Greg # 2	Yoga 7:30-8:45 Irene● #4	ChopraYoga & Meditation 7:45-9:00 Donna V● #4				
Just Pump It 8:15-9:00 Donna B● #4	Cycle 8:20pm-9:05 Donna●	POUND 8:00-8:45 Shareena #1				
Zumba 8:00-8:45 Paola● #1	Zumba Toning@ 8:25-9:10 Anne #1					

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**

Effective Jan. 2, 2018!