



Group Fitness Schedule Updated April 2018

Strength and Conditioning

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00 AM		BODYCOMBAT® Group Fitness Studio Adam (60 Min) Multi-Sport Training Gymnasium John (60 Min)	BODYPUMP® Gymnasium Melida (60 Min) PiYo Strength® Mind/Body Studio Tracie (60 Min)	BODYCOMBAT® Group Fitness Studio Allison (60 Min) Multi-Sport Training Gymnasium John (60 Min)	BODYPUMP® Gymnasium Allison (60 Min) Streamline Sculpt Mind/Body Studio Kristin (60 Min)	A.B.T. Group Fitness Studio Jennifer (45 Min) Insanity®/P90X® Gymnasium Kayla (30/30)	
6:10 AM			All Ages and Stages Group Fitness Studio Nancy (50 Min)		All Ages and Stages Group Fitness Studio Allison (50 Min)		
7:00 AM							Multi-Sport Training Gymnasium John (90 Min)
8:15 AM		INSANITY® Group Fitness Studio Kayla (45 Min)	Stepaholics Group Fitness Studio Renee (45 Min)	INSANITY® Group Fitness Studio Kayla (45 Min)	Stepaholics Group Fitness Studio Renee (45 Min)	HipBox® Group Fitness Studio Kayla (40 Min)	(8:30a) ROTATING CLASS Gymnasium (60 Min)
9:00 AM		BODYCOMBAT® Gymnasium Kalyn (60 Min)	BODYPUMP® Gymnasium Katy (60 Min)	BODYCOMBAT® Gymnasium Katy (60 Min)	NEW CLASS! Core de Force Group Fitness Studio Kayla (50 Min) Piyo Strength® Gymnasium Katy (60 Min)	BODYCOMBO Gymnasium Katy (60 Min)	
9:30 AM							Be Fit for Life Group Fitness Studio Sabrina (60 Min)
10:15 AM		NEW CLASS! (10:00a) PiYo Strength® Education Room Jenny (60 Min) TR Fle"X" Gymnasium Sandy (45 Min)	(10:00a) 360° Training Group Fitness Studio Jennifer (55 Min)	TR Fle"X" Gymnasium Sandy (45 Min)			
11:10 AM			All Ages and Stages Group Fitness Studio Amanda (50 Min)		All Ages and Stages Group Fitness Studio Amanda (50 Min)		
12:00 PM		Cycle/Pump Cycle/Fitness Studio Laura (60 Min)	(12:10p) BODYPUMP® Group Fitness Studio Allison (45 Min)	Cycle/Pump Cycle/Fitness Studio Laura (60 Min)			
4:30 PM		BODYPUMP® Group Fitness Studio Melida (45 Min)		BODYCOMBAT® Group Fitness Studio Melida (45 Min)			
5:30 PM		A.B.T. Group Fitness Studio Nancy (45 Min) BODYPUMP® Gymnasium Glenn (60 Min)	Be Fit for Life. Group Fitness Studio Sabrina (55 Min) BODYCOMBAT® Gymnasium Glenn (60 Min)	NEW CLASS! PiYo Strength® Fitness Studio Jenny (60 Min) BODYPUMP® Gymnasium Adam (60 Min)	Core de Force Group Fitness Studio Iolene (50 Min) Solid Circuit Fitness Gymnasium Glenn (60 Min)		



CHRISTUS GOOD SHEPHERD
Institute for Healthy Living

Aqua

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 AM		<u>Early Morning Aqua</u> Resistance Pool Cheryl (60 Min)		<u>Early Morning Aqua</u> Resistance Pool Cheryl (60 Min)		<u>Early Morning Aqua</u> Resistance Pool Cheryl (60 Min)	
7:30 AM		<u>Wave Dancing</u> Resistance Pool Murphy (60 Min)		<u>Wave Dancing</u> Resistance Pool Murphy (60 Min)		<u>Wave Dancing</u> Resistance Pool Murphy (60 Min)	
10:30 AM		<u>Aqua Zumba®</u> Lap Pool Kayla (50 Min)	<u>Aqua Motion</u> Lap Pool Woodie (60 Min)	<u>Hydro-Blast</u> Lap Pool Michelle (60 Min)	<u>Aqua Motion</u> Lap Pool Sandy (60 Min)	<u>Aqua Zumba®</u> Lap Pool Kayla (50 Min)	
12:00 PM		<u>Noon Water Works</u> Resistance Pool Woodie (60 Min)		<u>Noon Water Works</u> Resistance Pool Woodie (60 Min)			
5:30 PM		<u>Evening Water Works</u> Resistance Pool Woodie (60 Min)	<u>Evening Water Works</u> Resistance Pool Woodie (60 Min)	(6:00p) <u>Aqua Zumba®</u> Lap Pool Rachel (50 Min)	<u>Evening Water Works</u> Resistance Pool Woodie (60 Min)		

Zumba® & Dance

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:15 AM						<u>HipBox®</u> Group Fitness Studio Kayla (40 Min)	
9:00 AM		<u>Zumba®</u> Group Fitness Studio Linda (60 Min)	<u>Zumba Toning®</u> Group Fitness Studio Linda (60 Min)	<u>Zumba®</u> Group Fitness Studio Kayla (60 Min)		<u>Zumba Gold®</u> Group Fitness Studio Kayla (60 Min)	
10:00 AM					<u>Cardio Beat</u> Group Fitness Studio Michelle (45 Min)		(9:45a) <u>Zumba®</u> Gymnasium Tasha (60 Min)
6:30 PM		<u>Zumba Toning®</u> Group Fitness Studio Rachel (60 Min)	<u>Zumba®</u> Group Fitness Studio Becky (60 Min)		<u>Zumba Toning®</u> Group Fitness Studio Tracie (60 Min)		

Cycle

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15 AM			<u>Cycle</u> Cycle Studio Melanie (60 Min)		<u>Cycle</u> Cycle Studio Melanie (60 Min)		
8:30 AM		<u>Cycle</u> Cycle Studio Sandy (60 Min)		<u>Cycle</u> Cycle Studio Sandy (60 Min)		<u>Cycle</u> Cycle Studio Sandy (60 Min)	<u>Cycle</u> Cycle Studio Rotating (60 Min)
10:00AM			<u>Cycle Core</u> Cycle Studio Amanda (60 Min)		<u>Cycle Core</u> Cycle Studio Kayla (60 Min)		
12:00 PM		<u>Cycle/Pump</u> Cycle/Fitness Studio Laura (60 Min)		<u>Cycle/Pump</u> Cycle/Fitness Studio Laura (60 Min)		<u>HIIT It</u> Cycle Studio Laura (30 Min)	
5:30 PM		<u>Cycle</u> Cycle Studio Laura (45 Min)	<u>Cycle</u> Cycle Studio Melida (45 Min)	<u>Power Cycle</u> Cycle/Fitness Studio Laura (45 Min)	<u>Cycle</u> Cycle Studio Melida (45 Min)		