



Group Fitness Schedule Updated January 2018

Strength and Conditioning

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00 AM		<u>BODYCOMBAT®</u> Group Fitness Studio Adam (60 Min) <u>Multi-Sport Training</u> Gymnasium John (60 Min)	<u>BODYPUMP®</u> Gymnasium Melida (60 Min) <u>PiYo Strength®</u> Mind/Body Studio Tracie (60 Min)	<u>BODYCOMBAT®</u> Group Fitness Studio Allison (60 Min) <u>Multi-Sport Training</u> Gymnasium John (60 Min)	<u>Fit Form</u> Jan 11 & 18 ONLY! Group Fitness Studio Glenn (55 Min) <u>BODYPUMP®</u> Gymnasium Allison (60 Min) <u>Streamline Sculpt</u> Mind/Body Studio Kristin (60 Min)	<u>A.B.T.</u> Group Fitness Studio Nancy (45 Min) <u>Insanity®/P90X®</u> Gymnasium Kayla (30/30)	
6:10 AM			<u>All Ages and Stages</u> Group Fitness Studio Nancy (50 Min)		<u>All Ages and Stages</u> Group Fitness Studio Allison (50 Min)		
7:00 AM							<u>Multi-Sport Training</u> Gymnasium John (90 Min)
8:15 AM		NEW DAY & LOCATION <u>INSANITY®</u> Group Fitness Studio Kayla (45 Min)	<u>Stepaholics</u> Group Fitness Studio Renee (45 Min)	NEW DAY & LOCATION <u>INSANITY®</u> Group Fitness Studio Kayla (45 Min)	<u>Stepaholics</u> Group Fitness Studio Renee (45 Min)	<u>HipBox®</u> Group Fitness Studio Kayla (40 Min)	(8:30a) <u>ROTATING CLASS</u> Gymnasium (60 Min)
9:00 AM		<u>BODYCOMBAT®</u> Gymnasium Kalyn (60 Min)	<u>BODYPUMP®</u> Gymnasium Katy (60 Min)	<u>BODYCOMBAT®</u> Gymnasium Katy (60 Min)	<u>Piyo Strength®</u> Gymnasium Katy (60 Min)	<u>BODYCOMBO</u> Gymnasium Katy (60 Min)	
9:30 AM							<u>Be Fit for Life</u> Group Fitness Studio Sabrina (60 Min)
10:15 AM		<u>TR Fle"X"</u> Gymnasium Sandy (45 Min)	(10:00) <u>Fit Form</u> Jan 9 & 16 ONLY! Group Fitness Studio Glenn (55 Min)	<u>TR Fle"X"</u> Gymnasium Sandy (45 Min)			
11:10 AM			<u>All Ages and Stages</u> Group Fitness Studio Amanda (50 Min)		<u>All Ages and Stages</u> Group Fitness Studio Amanda (50 Min)		
12:00 PM		<u>Cycle/Pump</u> Cycle/Fitness Studio Laura (60 Min)	(12:10p) <u>BODYPUMP®</u> Group Fitness Studio Allison (45 Min)	<u>Cycle/Pump</u> Cycle/Fitness Studio Laura (60 Min)			
4:30 PM		<u>BODYPUMP®</u> Group Fitness Studio Melida (60 Min)		Starts 1/10/18 <u>BODYCOMBAT®</u> Group Fitness Studio Melida (45 Min)			
5:30 PM		<u>A.B.T.</u> Group Fitness Studio Nancy (45 Min) <u>BODYPUMP®</u> Gymnasium Glenn (60 Min)	<u>Be Fit for Life.</u> Group Fitness Studio Sabrina (60 Min) <u>BODYCOMBAT®</u> Gymnasium Glenn (60 Min)	<u>Fit Form</u> Jan 10 & 17 ONLY! Group Fitness Studio Glenn (55 Min) <u>BODYPUMP®</u> Gymnasium Adam (60 Min)	<u>Core de Force</u> Group Fitness Studio Iolene (55 Min) <u>Solid Circuit Fitness</u> 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 Toning®</u> Group Fitness Studio Kayla (45 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)		