



Group Fitness Schedule Updated March 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 Kalya (60 Min) | BODYPUMP® Gymnasium Katy (60 Min) | BODYCOMBAT® Gymnasium Katy (60 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 | | TR Fle"X" Gymnasium Sandy (45 Min) | NEW CLASS! (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) | BODYPUMP® Gymnasium Adam (60 Min) | Core de Force Group Fitness Studio Iolene (55 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 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) | | |