

# CHRISTUS Good Shepherd Institute for Healthy Living

## Group Fitness Schedule Updated July 2017

### Strength and Conditioning

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00 AM		<u>BODYCOMBAT®</u> Group Fitness Studio Kalyn (60 Min) <u>Multi-Sport Training</u> Gymnasium John (60 Min)	<u>BODYPUMP®</u> Gynasium Melida (60 Min) <u>PiYo Strength®</u> Mind/Body Studio Tracie (60 Min)	<u>BODYCOMBAT®</u> Group Fitness Studio Glenn (60 Min) <u>Multi-Sport Training</u> Gymnasium John (60 Min)	<u>BODYPUMP®</u> Gymnasium Allison (60 Min) <u>Streamline Sculpt</u> Mind/Body Studio Kristin (60 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 Kayla (50 Min)		
8:15 AM			<u>Stepaholics</u> Group Fitness Studio Renee (45 Min) <u>INSANITY®</u> Gymnasium Kayla (45 Min)	(8:00a) <u>A.B.T.</u> Group Fitness Studio Nancy (45 Min)	<u>Stepaholics</u> Group Fitness Studio Renee (45 Min) <u>INSANITY®</u> Gymnasium Kayla (45 Min)		(8:30a) <u>ROTATING CLASS</u> Gymnasium (60 Min)
9:00 AM		<u>Turbo Kickboxing®</u> Group Fitness Studio Shannon (60 Min)	<u>Power Hour</u> Gymnasium Katy (60 Min)	<u>BODYCOMBAT®</u> Gymnasium Katy (60 Min)	<u>BODYPUMP®</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)		<u>TR Fle"X"</u> Gymnasium Sandy (45 Min)	(10:00a) <u>Piyo Strength®</u> Group Fitness Studio Shannon (60 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)	(12:10p) <u>A.B.T.</u> Group Fitness Studio Nancy (45 Min)		
2:00 PM			<u>Double Impact</u> Cycle/Gym Sandy (60 Min)		<u>Double Impact</u> Cycle/Gym Sandy (60 Min)		
4:30 PM		<u>BODYPUMP®</u> Group Fitness Studio Nancy (60 Min)			<u>Power Step</u> Group Fitness Studio Melida (45 Min)		
5:00 PM				<u>Piyo Strength®</u> Group Fitness Studio Sonia (45 Min)			
5:30 PM		<u>BODYPUMP®</u> Gymnasium Glenn (60 Min) <u>Turbo Kickboxing®</u> Group Fitness Studio Sonia (60 Min)	<u>BODYCOMBAT®</u> Gymnasium Sonia (60 Min) <u>Be Fit for Life</u> Group Fitness Studio Sabrina (60 Min)	<u>BODYPUMP®</u> Gymnasium Kalyn (60 Min) (5:45p) <u>Tabata H.I.I.T.</u> Group Fitness Studio Tami (45 Min)	<u>BODYCOMBAT®</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>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)	<b>(6:00p)</b> <u>Aqua Zumba®</u> Lap Pool Rachel (50 Min)	<u>Evening Water Works</u> Resistance Pool Woodie (60 Min)		

## Zumba®

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:15 AM						<u>Zumba Step/Toning®</u> Group Fitness Studio Kayla (45 Min)	
9:00 AM		<u>Zumba®</u> Gymnasium Linda (60 Min)	<u>Zumba Step®</u> Group Fitness Studio Linda (30 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)	
9:30 AM			<u>Zumba Gold®</u> Group Fitness Studio Linda (30 Min)				
10:00 AM			<u>Zumba Toning®</u> Group Fitness Studio Linda/Kayla (60 Min)				
12:00 PM						<u>Zumba Sentao®</u> Group Fitness Studio Rachel (60 Min)	
5:30 PM					<u>Zumba Step®</u> Group Fitness Studio Tracie (60 Min)		
6:45 PM		<u>Zumba Toning®</u> Group Fitness Studio Rachel (60 Min)	<u>Zumba®</u> Gymnasium Rachel (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 Tami (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)	
2:00 PM			<u>Double Impact</u> Cycle/Gym Sandy (60 Min)		<u>Double Impact</u> Cycle/Gym Sandy (60 Min)		
5:30 PM		<u>Cycle</u> Cycle Studio Laura (45 Min)	<u>Ride 'N Rip</u> Cycle Studio Melida (60 Min)		<u>Cycle</u> Cycle Studio Melida (45 Min)		