

Group Fitness Schedule Updated July 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)	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)	P90X® Group Fitness Studio Kayla (45 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)	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		(10:00a) PiYo Strength® Education Room Jenny (60 Min) TR Fle"X" Gymnasium Sandy (45 Min)	360° Training Gymnasium Jennifer (55 Min)		360° Training Gymnasium Jennifer (55 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)	PiYo Strength® Fitness Studio Jenny (60 Min) BODYPUMP® Gymnasium Adam (60 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 Tasha (60 Min)	<u>Cardio Beat</u> Group Fitness Studio Michelle (45 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®</u> Group Fitness Studio Becky (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>Spinergy</u> Cycle Studio Jennifer (45 Min)	<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)	(12:10p) <u>Peak Cycle</u> Cycle Studio Karyn (45 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)		