



## Group Fitness Schedule Updated May 2018

### Strength and Conditioning

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