

Group Fitness Schedule

March 2017

WESTROADS

(p)

Kelsey Barnes

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26 SUN	27 MON	28 TUE	29 WED	30 THU	31 FRI	1 SAT
9:15 AM - 10:15 AM Group Power Brienne B.	5:30 AM - 6:30 AM Group Ride Jennifer W.	9:00 AM - 9:45 AM Iron Works Tamsen B.	5:30 AM - 6:30 AM HIIT the Water Charlene N.	9:00 AM - 10:00 AM Iron Works Julie P.	5:30 AM - 6:15 AM G-Cycle Michelle W.	8:00 AM - 9:00 AM Group Centergy Jennifer W.
10:15 AM - 11:15 AM G-Cycle Patricia J.	7:30 AM - 8:30 AM Yoga Megan R.	10:00 AM - 11:00 AM Yoga Nancy R.	7:30 AM - 8:30 AM BARRE	10:00 AM - 11:00 AM Yoga Nancy R.	7:30 AM - 8:30 AM Yoga Megan R.	8:15 AM - 9:15 AM Group Power Brienne B.
3:00 PM - 4:00 PM Gentle Yoga Megan R.	8:15 AM - 9:15 AM FitLife Marylou W.	12:00 PM - 1:45 PM Group Power Geri H.	8:15 AM - 9:15 AM FitLife Marylou W.	12:00 PM - 1:00 PM HIIT Geri H.	8:15 AM - 9:15 AM FitLife Marylou W.	9:00 AM - 10:00 AM Water Exercise Geri H.
	9:00 AM - 9:45 AM G-Cycle Julie M.	5:30 PM - 6:30 PM Yoga Trina S.	9:00 AM - 9:45 AM G-Cycle Sara H.	4:30 PM - 5:15 PM Pound Sasha D.	9:00 AM - 9:45 AM G-Cycle Trina S.	9:00 AM - 10:00 AM Group Ride Beckie V.
	9:00 AM - 10:00 AM Water Exercise Kimberly B.	5:30 PM - 6:30 PM Group Fight Stacey H.	9:00 AM - 10:00 AM Water Exercise Traci P.	5:30 PM - 6:30 PM Yoga Kimberly M.	9:00 AM - 10:00 AM Water Exercise Traci P.	9:00 AM - 10:00 AM G-Cycle Michelle G.
	12:00 PM - 1:00 PM Group Ride Sara H.	5:30 PM - 6:30 PM G-Cycle Patricia J.	12:00 PM - 1:00 PM Group Ride Beckie V.	5:30 PM - 6:30 PM Group Fight Brienne B.	12:00 PM - 1:00 PM Group Ride Jennifer W.	9:15 AM - 10:15 AM Group Fight Brienne B.
	12:15 PM - 1:15 PM ATC Lindsay H.	5:40 PM - 6:40 PM HIIT Adrienne M.	4:30 PM - 5:30 PM ATC Ellen J.	6:30 PM - 7:30 PM HIIT Brienne B.		10:15 AM - 11:15 AM Yoga Kimberly M.
	4:30 PM - 5:30 PM ATC Ellen J.	6:30 PM - 7:30 PM Zumba Katie L.	5:30 PM - 6:15 PM G-Cycle Adrienne M.			
	5:30 PM - 6:15 PM G-Cycle Adrienne M.		5:30 PM - 6:30 PM BARRE Lindsay H.			
	5:30 PM - 6:30 PM BARRE Rexann L.		5:30 PM - 6:30 PM HIIT the Water Geri H.			
	5:30 PM - 6:30 PM HIIT the Water Charlene N.		5:30 PM - 6:30 PM Group Power Mikelle H.			
	5:30 PM - 6:30 PM Zumba Elle S.		6:30 PM - 7:30 PM Zumba Emily P.			
	6:30 PM - 7:30 PM Group Power David R.		7:30 PM - 8:30 PM Yoga Kimberly M.			