

SPRING 2022 Group Fitness Schedule

	MON	TUE	WED	THR	FRI
7:15am	Yoga ~Jillian Weston		Yoga ~Jillian Weston		
7:30am	Strength & Power (Fitness Center) Aaron M.		Intro to Strength & Power (Fitness Center) Aaron M.		
7:30am	Cycle ~ Chloe Renzelmann	Cycle Core ~ Maggie Pelli	Cycle~ Chloe Renzelmann	Cycle Jeff Keenan	
12:15pm					ULTIMATE Cardio & Body Tone HIIT ~ Tammy
12:30pm					Cycle Core ~ Maggie Pelli
3:30pm	Cycle Tone~ Ella Poeschel	Zumba & Core~ Tammy Zee	Cycle ~ Ella Poeschel	Zumba & Core~ Tammy Zee	
**3:45pm	Box & Barre' ~ Tammy		Box & Barre'~ Tammy		
4:30pm	Cycle ~ Megan Kruse	Cycle Core Maddie Gerzvain	Cycle ~ Megan Kruse	Cycle Core Maddie Gerzvain	
4:45pm	Yoga ~ Jillian Westion	Group Strength ~ Aaron M	Pilates ~Ella Proeschel	Group Strength ~ Aaron M	
5:30pm	Cycle ~ Chloe Renzellman	Cycle Core~ Mackenzie Frankland	Cycle ~ Chloe Renzellman	Cycle Core~ Mackenzie Frankland	
6:00pm	Strength & Sculpt ~ Sarah Fenn	HiIT it! ~ Aaron M.	Strength & Sculpt ~ Sarah Fenn	Hiit it! ~ Aaron M.	
6:30pm	Cycle Core Emma Syftstad	Cycle Core ~ Amanda Manock	Cycle Core ~ Emma Syftstad	Cycle Core ~ Kaleah Puskala	
7:00pm	ZUMBA & Core ~ Joye Hellenbrand	Yoga Sculpt ~ Aleah Jones	ZUMBA & Core ~ Joye Hellenbrand	Yoga Sculpt ~ Aleah Jones	
8:00pm	Kettlebell Conditioning ~ Sarah Fenn	Yoga ~ Cora Vogt	Kettlebell Conditioning ~ Sarah Fenn		

SATURDAY CLASS

11:00am ~Strength & Power (Fitness Center)

Noon ~ Cycle Core

Aaron Matueszeski

Alternate instructors