

**2019**

# GROUP EXERCISE



## MONDAY

TIME	CLASS	LOCATION	INSTRUCTOR	TIME	CLASS	LOCATION	INSTRUCTOR
6:00 - 6:45	Total Body TurnUp	Group Ex. 2	Key	12:00 - 12:50	Power Up	Group Ex. 2	Bonnie
8:30 - 9:20	Cardio Sculpt	Group Ex. 2	Leslie	1:00 - 1:50	Shuffle	Group Ex. 2	Nancy
9:00 - 9:50	Studio Spin	Spin Studio	Paul	4:30 - 5:20	Bootcamp	Group Ex.2	Key
9:30 - 10:20	Zumba	Group Ex. 2	Nancy	4:30 - 5:30	Basic Yoga	Yoga Studio	Liz
10:00 - 11:00	Restorative Yoga	Yoga Studio	Alisa	5:30 - 6:20	Zumba	Group Ex. 2	Nancy
11:00 - 11:45	Golden Beats	Group Ex. 2	Samantha	5:30 - 6:20	Studio Spin	Spin Studio	Nikki
11:25 - 12:25	Yoga Blend	Yoga Studio	Alisa	5:45 - 6:30	BOXFIT*	Group Ex. 3	Leslie

## TUESDAY

TIME	CLASS	LOCATION	INSTRUCTOR	TIME	CLASS	LOCATION	INSTRUCTOR
5:30 - 6:15	Studio Spin	Spin Studio	Emma	4:30 - 5:20	Buns N Guns	Group Ex. 2	MaryDawn
8:30 - 9:00	Strength & Cardio HIIT	Group Ex. 2	Bonnie	5:30 - 6:30	Heated Power Yoga	Yoga Studio	Candace
9:00 - 9:50	Studio Spin	Spin Studio	Lane	5:30 - 6:20	Studio Spin	Spin Studio	Kelly
9:30 - 10:30	Gentle Flow Yoga	Yoga Studio	Leslie	5:45 - 6:15	Strength & Cardio HIIT	Group Ex. 2	Key
9:30 - 10:30	Zumba	Group Ex. 2	Sarah				
11:00 - 11:50	SilverSneakers Circuit	Group Ex. 2	Barbara				

## WEDNESDAY

TIME	CLASS	LOCATION	INSTRUCTOR	TIME	CLASS	LOCATION	INSTRUCTOR
6:00 - 6:45	Total Body TurnUp	Group Ex. 2	Key	12:00 - 12:50	Power Up	Group Ex. 2	Bonnie
8:30 - 9:20	Cardio Sculpt	Group Ex. 2	Leslie	1:00 - 1:50	Shuffle	Group Ex. 2	Nancy
9:30 - 10:20	Yoga Barre	Yoga Studio	Alisa	4:30 - 5:20	Bootcamp	Group Ex. 2	Key
11:25 - 12:25	Yoga Blend	Yoga Studio	Alisa	5:30 - 6:00	Strength & Cardio HIIT	Group Ex. 2	Key
9:30 - 10:20	SilverSneakers Yoga	Group Ex. 2	Barbara	5:30 - 6:30	Yin Yoga	Yoga Studio	Alisa
10:30 - 11:20	SilverSneakers Classic	Group Ex. 2	Barbara	5:30 - 6:20	Studio Spin	Group Ex. 2	Crystal
				6:30 - 7:20	Mixed Fit	Group Ex. 2	Natasha

## THURSDAY

TIME	CLASS	LOCATION	INSTRUCTOR	TIME	CLASS	LOCATION	INSTRUCTOR
8:30 - 9:00	Strength & Cardio HIIT	Group Ex. 2	Bonnie	4:30 - 5:20	Buns N Guns	Group Ex. 2	MaryDawn
9:00 - 10:00	Studio Spin	Group Ex. 1	Farris	4:30 - 5:30	Basic Yoga	Yoga Studio	Leslie
9:30 - 10:30	Gentle Flow Yoga	Yoga Studio	Leslie	5:30 - 6:20	Mixed Fit	Group Ex. 2	Natasha
11:00 - 11:50	SilverSneakers Circuit	Group Ex. 2	Barbara				

## FRIDAY

TIME	CLASS	LOCATION	INSTRUCTOR	TIME	CLASS	LOCATION	INSTRUCTOR
6:00 - 6:45	Total Body TurnUp	Group Ex. 2	Key	11:25 - 12:25	Yoga Blend	Yoga Studio	Alisa
8:30 - 9:20	Zumba	Group Ex. 2	Nancy	12:00 - 12:50	Power Up	Group Ex. 2	Bonnie
9:00 - 9:50	Studio Spin	Spin Studio	Lane	1:00 - 1:50	Shuffle	Group Ex. 2	Nancy
9:30 - 10:20	Barre	Group Ex.2	Nancy	4:30 - 5:20	Bootcamp	Group Ex. 2	Key
10:00 - 11:00	Restorative Yoga	Yoga Studio	Alisa				
11:00 - 11:50	SilverSneakers Circuit	Group Ex. 2	Barbara				

## SATURDAY

TIME	CLASS	LOCATION	INSTRUCTOR
8:30 - 9:30	Hot Flow Yoga	Yoga Studio	Bethany
9:30-10:20	Studio Spin	Spin Studio	Rotation
10:30-11:20	Zumba	Group Ex. 2	Nancy

## SUNDAY

TIME	CLASS	LOCATION	INSTRUCTOR
3:00-4:00	Yoga	Yoga Studio	Rotation

Please visit our website at [www.stbernardswellness.com](http://www.stbernardswellness.com)

\* Fee based class. Registration required

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