

# GROUP EXERCISE Winter 2025

January 6th - March 16

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING		<b>Cycle</b> 8:00-8:45 am Annabelle (Studio A)	<b>Cycle</b> 9:15-10:00 am Sasha (Studio A)	<b>Cycle</b> 8:00-8:45 am Emily (Studio A)	<b>Cycle</b> 8:00-8:45 am Sasha (Studio A)		
	<b>Zumba</b> 9:15-10:15 am Norkio (Studio B)		<b>Pilates</b> 9:30-10:30 am Kaitlyn (Studio B)	<b>BUTI Yoga</b> 9:15-10:15 am Ashley (Studio B)			
AFTERNOON		<b>Total Body Strength</b> 12:15-1:15 pm Audrey (Studio B)	<b>Vinaysa Yoga</b> 1:15-2:15 pm Mary (Studio B)	<b>Pumping Plates</b> 12:00-1:00 pm Bridgette (Studio C)	<b>Cardio Strength Fusion</b> 12:15-1:15 pm Ellie (Studio C)		
					<b>Vinaysa Yoga</b> 1:00-2:00 pm Mary (Studio B)		
			<b>Pumping Plates</b> 4:00-5:00 pm Dora (Studio C)				<b>Total Body Strength</b> 4:00-5:00 pm Angelina (Studio B)
EVENING		<b>Vinaysa Yoga</b> 5:00-6:00 pm Mary (Studio B)	<b>Zumba</b> 5:30-6:30 pm Kris (Studio B)	<b>Zumba</b> 5:15-6:15 pm Christina (Studio C)	<b>Cycle</b> 5:00-5:45 pm Elise (Studio A)	<b>Cycle</b> 5:00-5:45 pm Gina (Studio A)	<b>Cycle</b> 5:00-5:45 pm Annabelle (Studio A)
	<b>Rotating Cycle</b> 5:00-5:45 pm Studio A	<b>Party Cycle</b> 6:00-6:45 pm Grace (Studio A)	<b>Cycle Strength</b> 6:00-7:00 pm Sachi (Studio A/C)	<b>Cycle</b> 5:30-6:15 pm Tara (Studio A)	<b>Total Body Strength</b> 5:00-6:00 pm Bianca (Studio C)	<b>Zumba</b> 5:30-6:30 pm Susana (Studio B)	
		<b>Total Body Strength</b> 6:45-7:45 pm Ellie (Studio B)	<b>Party Cycle</b> 7:00-7:45 pm Elise (Studio A)	<b>Cardio Strength Fusion</b> 6:00-7:00 pm Audrey (Studio B)	<b>Hatha Yoga</b> 6:45-7:45 pm Kaylee (Studio B)		
		<b>Party Cycle</b> 7:15-8:00 pm Gina (Studio A)	<b>Upper Body Conditioning</b> 7:15-8:15 pm Angelina (Studio B)	<b>Party Cycle</b> 7:00-7:45 pm Gina (Studio A)	<b>Party Cycle</b> 7:00-7:45 pm Emily (Studio A)		
		<b>Gentle Yoga</b> 8:00-9:00 pm Ashley (Studio B)		<b>Total Body Strength</b> 7:30-8:30 pm Dora (Studio B)			

FIND OUT MORE ABOUT LIVING WELL OFFERINGS:



REGISTER FOR A CLASS:



**NOTE:** Admission into Group Exercise (GX) classes requires a valid GX membership. Access for participants who have a GX membership, but are not pre-registered for classes, are permitted on a first-come, first-served basis. Check-in for classes will begin 10-15 minutes prior to start time. Access is not permitted after the first 5 minutes of class. Living Well reserves the right to cancel classes or make changes to the schedule. Times and classes are subject to change or cancellation without notice. View our website for the most updated information on adjusted schedules or cancellations.