

# GROUP EXERCISE SPRING 2024

March 31st - June 6th

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING	<b>Zumba®</b> 9:15-10:15 a.m. Noriko (Studio B)	<b>Cycle</b> 9:15-10:00 a.m. Emily (Studio A)	<b>Gentle Yoga</b> 9:00-10:00 a.m. Kaylee (Studio B)	<b>Cycle</b> 8:15-9 a.m. Tayra (Studio A)	<b>Cycle</b> 8:15-9 a.m. Kate (Studio A)	<b>Vinyasa Yoga</b> 9:15-10:15 a.m. Tamara (Studio B)	
	<b>Cardio Strength Fusion</b> 10:30–11:30 a.m. Audrey (Studio B)	<b>Vinyasa Yoga</b> 9:15-10:15 a.m. Tamara (Studio B)	<b>Cycle Strength</b> 11:00-12:15 p.m. Griffin (Studio B)	<b>Relax and Recover Yoga</b> 9:15-10:15 a.m. Tamara (Studio D)	<b>Cycle/Strength</b> 11:00-12:15 a.m. Griffin (Studio C)		
				<b>Cycle</b> 11:15-12 p.m. Emily (Studio A)	<b>Vinyasa Yoga</b> 11:15 a.m.-12:15 p.m. William (Studio B)		
AFTERNOON		<b>Zumba</b> 4:00-5:00 p.m. Susana (Studio C)	<b>Cardio Strength Fusion</b> 1:00-2:00 p.m. Irene (Studio B)	<b>Total Body Strengthening</b> 1:00-2 p.m. Dora (Studio B)	<b>Yin Yoga</b> 12:30-1:45 p.m. William (Studio B)	<b>Strength Yoga</b> 1:00-2:00 p.m. Madison (Studio B)	
		<b>Slow Flow</b> 4:15-5:15 p.m. Laurel (Studio B)	<b>Cycle</b> 4:30-5:15 p.m. Grace (Studio A)	<b>Slow Flow</b> 4:15-5:15 p.m. Laurel (Studio B)	<b>Mobility Yoga</b> 3:00-4:00 p.m. Madison (Studio B)		
		<b>Pumping Plates</b> 5:15-6:15 p.m. Greg (Studio C)	<b>Pumping Plates</b> 5:30-6:30 p.m. Greg (Studio C)	<b>Cycle</b> 5:15-6 p.m. Jules (Studio A)	<b>Zumba</b> 4 p.m.-5 p.m. Susana (Studio C)		
EVENING		<b>Zumba®</b> 5:30–6:30 p.m. Kris (Studio C)	<b>Circuit Training</b> 6:45-7:45 p.m. Mary (Studio B)	<b>Zumba®</b> 5:15-6:15 p.m. Christina (Studio C)	<b>Cycle</b> 4:30 a.m.-5:15 p.m. Grace (Studio A)	<b>Pumping Plates</b> 5:30–6:30p.m. Greg (Studio C)	
		<b>Party Cycle</b> 6:00-6:45 p.m. Tayra (Studio A)	<b>Party Cycle</b> 7:15-8:00 p.m. Elise (Studio A)	<b>Core/Strength Fusion</b> 5:30–6:30p.m. Greg (Studio B)	<b>Pumping Plates</b> 5:15-6:15 p.m. Greg (Studio C)		
		<b>HIIT</b> 6:45-7:30 p.m. Ellie (Studio B)	<b>Total Body Strengthening</b> 7:15-8:15 p.m. Audrey (Studio C)	<b>Party Cycle</b> 6:30-7:15 p.m. Ellie (Studio A)	<b>H.E.A.T.</b> 5:30-6:15 p.m. Dora (Studio B)		
		<b>Core Fusion</b> 8:00-8:30 p.m. Dora (Studio B)		<b>Party Cycle</b> 8:00-8:45 p.m. Tara (Studio A)	<b>Total Body Strengthening</b> 6:30-7:30p.m. Elise (Studio B)		
					<b>Party Cycle</b> 7:15-8:00 p.m. Roya (Studio A)		

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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.