

GROUP EXERCISE WINTER 2024

January 7th - March 16th
Classes with an asterisk (*) will start after 1/14

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

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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.