








Studio 1 // GX Schedule October - December

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5 a.m.		Les Mills CORE Rachael				
5:30 a.m.	LES MILLS BODYPUMP® Mary	LES MILLS BODYCOMBAT® Rachael		LES MILLS BODYATTACK® Rachael – 45 min	LES MILLS BODYPUMP® Mary	Les Mills CORE 8:30 a.m. - Rachael
8:15 a.m.	ACTIVE LIVING 8:30 a.m. – Blake	LES MILLS BODYPUMP® Rebekah	ACTIVE LIVING 8:30 a.m. – Ruth	LES MILLS BODYPUMP® Mike	ACTIVE LIVING 8:30 a.m. – Elya	LES MILLS BODYPUMP® 9:00 a.m.-Mary
9:30 a.m.	ACTIVE LIVING Blake	LES MILLS BODYFLOW® Rebekah	ACTIVE LIVING Ruth		ACTIVE LIVING Blake	LES MILLS BODYJAM® 10:15 a.m - Rachael
11:30 a.m.	LES MILLS BODYSTEP® Justin		Les Mills CORE McKenzie	LES MILLS BODYSTEP® Johnny LES MILLS BODYATTACK® McKenzie		LES MILLS BODYFLOW® Emily / Velvet
Noon	LES MILLS BODYPUMP® Mike & Shawn	LES MILLS BODYSTEP® Ramie & Johnny	LES MILLS BODYCOMBAT® Justin & Ramie	LES MILLS BODYPUMP® Sarah & McKenzie	Nicole	
4:15 p.m.	LES MILLS BODYCOMBAT® Valerie	LES MILLS BODYPUMP® Sarah	LES MILLS BODYJAM® Kalee & Mary	LES MILLS BODYATTACK® Maddy	LES MILLS BODYPUMP® Jared / Crystal	
5:30 p.m.	LES MILLS BODYPUMP® Joseph	LES MILLS BODYSTEP® Justin & Seth	LES MILLS BODYPUMP® Jared & Karissa		LES MILLS BODYCOMBAT® Ramie	

Studio 2























































	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:00 a.m.		Gentle Yoga Kathy		Gentle Yoga Kathy		
Noon	LES MILLS BODYFLOW® Janae		LES MILLS BODYFLOW® McKenzie			
2:00 p.m.	 Parkinson's Power moves Susan		 Parkinson's Power moves Susan		 Parkinson's Power moves Susan	

3:00 p.m.	 Parkinson's Power moves Susan		 Parkinson's Power moves Susan		 Parkinson's Power moves Susan	
4:15 p.m.	 ZUMBA M.C.					
5:30 p.m.	 LES MILLS BODYFLOW® Rebekah	 tone Brianna / Emily	 ZUMBA M.C.	 LES MILLS BODYFLOW® Velvet		

Cycling studio // Virtual & LIVE

GX Schedule October - December

Key:  = virtual class Gray highlight = live class

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00 a.m.						
5:30 a.m.						
7:15 a.m.						
8:30 a.m.						
9:45 a.m.						
10:15 a.m.						
Noon	 		 			 
4:30 p.m.						
5:30 p.m.						
6:30 p.m.						

8:00
p.m.



Pool

	Monday	Tuesday	Wednesday	Thursday	Friday
6 a.m.	Friends and Water Dee		Friends and Water Dee		Aqua Blast Janet
7 a.m.	H2O Splash Dee		Friends and Water Dee		Forever Fit Sherry
10 a.m.		Stretch & Tone Lisa		Stretch & Tone Lisa	
Noon	Making Waves Kelly	Wet N' Wild Kelly	Making Waves Kelly	Wet N' Wild Kelly	Making Waves Kelly
1:00-1:45 and 1:45-2:30 p.m.	Open Walking	Open Walking	Open Walking	Open Walking	Open Walking
5 p.m.	H2O Splash Brenda / Lisa	Otters in Action Janet	Dancing in the Moon Light Sherry	Aqua Blast Janet	TGIF Sherry

Pool is located inside Hendrick Center for Rehabilitation, 1934 Hickory St.