

October Group Exercise Schedule

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | | SATURDAY | SUNDAY |
|---------|---------------------------------------|--|--------------------------------------|---------------------------------------|-------------------------------------|---------------|--------------------------------|------------------------------------|
| 5:45am | TOTAL BODY BLAST AMY | BODYPUMP™ ANGELA | TONE AMY/MANU | | | 7:00am-7:45am | DEEP WATER KIM | |
| 7:00am | DEEP WATER HIIT CINDY | | | DEEP WATER HIIT CINDY | | 7:50am-8:20am | DEEP WATER BLAST KIM | |
| 7:45am | | | | | DEEP WATER KIM | 8:00am | | |
| 8:00am | EASY AQUA DEEP CINDY | DEEP WATER KIM | DUAL DEPTH AQUA FIT KELLIE | DEEP WATER CINDY | | 8:30am | HATHA YOGA SONIA | CARDIO BARRE MELANIE/KIM |
| | CARDIO DRUMMING AMY | STRENGTH AND BALANCE REBECCA | | | | | CARDIO KICKBOX AMY | TONETM MATT/KRISTEN |
| 9:00am | HIIT & LIFT CORINNE | BODYPUMP™ HARMANI | HIIT & LIFT CORINNE | TONETM MARY | BODYPUMP™ MANU | 9:45am | ZUMBA® HARMANI | GENTLE YOGA FLOW MELANIE |
| | ZUMBA® MANU/SARAH | BARRE MELANIE | | S.E.A.T. REBECCA | PILATES KIM | | STEP SUSAN | BODYPUMP™ ANGELA/DEE |
| 9:15am | AQUA FIT ROZ | AQUA FIT REBECCA | AQUA BLAST KELLIE | AQUA FIT MARIETTE | AQUA ZUMBA SARAH | | | |
| 10:15am | EZ CARDIO STREN. ANN/TRACEY | TONETM MARY | FUNCTIONAL STRENGTH JOY | Country LINE DANCING TRACEY | EZ CARDIO STRENGTH TRACEY | | | |
| | AQUA FIT ROZ | | | AQUALATES REBECCA | | | | |
| | VINYASA YOGA MELANIE | HATHA YOGA MELANIE | | VINYASA YOGA MELANIE | HATHA VALERIE | | | |
| 11:00AM | | | CHAIR YOGA TRACEY | | | | | |
| 11:30am | CHAIR YOGA MELANIE | WELLNESS COMBO REBECCA | | WELLNESS COMBO REBECCA | | | | |
| 12:30pm | | S.E.A.T. REBECCA | | CHAIR YOGA TRACEY | | | | |
| 1:15pm | | | TAI CHI JOE | | | | | |
| 4:15pm | | RESTORATIVE YOGA MELANIE | | | | | | |
| 4:30pm | TONETM MATT | STEP SARAH | BODYPUMP™ ANGELA (45MIN) | CARDIO FUSION SUSAN | | | | |
| | MAT PILATES KIM/ANN | | CARDIO DRUMMING TRACEY | CARDIO DRUMMING TRACEY | | | | |
| 5:30pm | VINYASA YOGA MELANIE | ZUMBA® STACEY | HATHA YOGA VALERIE | ZUMBA® HARMANI | | | | |
| | TOTAL BODY BLAST AMY | TONETM SUSAN | CARDIO KICKBOX AMY | BODYPUMP™ DEE (5:35pm) | | | | |
| | | SHALLOW WATER KELLIE | | | | | | |
| 6:30pm | BODYPUMP™ SANDY | | | | | | | |
| | | DEEP WATER KELLIE | DEEP WATER HIIT ROZ | | | | | |
| 6:45pm | | | CARDIO BARRE NANCY | POWER YOGA SYLVIA | | | | |
| | | CARDIO S.C. NANCY | TONETM MATT | | | | | |



October is FULL of Events!
Check the Member Portal to Reserve your spot!

Group Exercise BINGO Challenge
(Get your BINGO card on the table at The Works)

Les Mills Launch Starts October 14
Fall Fest Starts October 23
October 26 8:30am-10:50am:
Group Exercise Jamboree

Sign up required for ALL group fitness classes. This secures your spot AND you receive an email should a class be canceled. If you cannot make it to a class that you have reserved, please remove yourself from the reservation ASAP, to allow others to register. Please help us keep our studio floors and equipment clean. Bring an "indoor" only pair of shoes to wear throughout the facility.



Scan QR code for class descriptions or go to Member Portal.

| | | |
|-----------|-----------|----------|
| MIND BODY | GROUP FIT | FAC POOL |
| GYMNASIUM | myzone® | LAP POOL |

CYCLE SCHEDULE *October 2024*

- TRY OUR BINGO CHALLENGE THIS MONTH!
- JOIN AMY 10/25 FOR A HALLOWEEN RIDE!
- RPM™ LAUNCH THIS MONTH!

| myzone | MON | TUES | WEDS | THURS | FRI |
|--------|------------|-------------|-----------------------------|-------------|-----------|
| 5:45am | RPM™ ED | | RPM™ HARMANI | | RPM™ ED |
| 7:30am | | | | RPM™ ANGELA | |
| 9:00am | RPM™ AMY | | RPM™ MARY NEW! Oct 9 | | CYCLE AMY |
| 5:30pm | RPM™ SARAH | CYCLE ROGER | | | |

| | SAT | SUN |
|--------|--------------|-------------------------|
| 8:15am | RPM™ HARMANI | |
| 9:00am | | CYCLE ROGER NEW! |



Join our instructors for our LIVE Les Mills RPM™ and Cycle Classes!

- Towels available!
- Reserve your seat in the Member Portal.
- If you cannot make it to a class that you have reserved, please remove yourself from the reservation ASAP to allow others to register.
- Class descriptions online.

IN-HOUSE VIRTUAL PROGRAMMING LES MILLS OFFERINGS!

| | MON | TUES | WEDS | THURS | FRI |
|---------|------------------------------|-------------------------|-------------------------|------------------------|-------------------------|
| 5:05am | SPRINT™ | SPRINT™ | SPRINT™ | SPRINT™ | SPRINT™ |
| 5:45am | | RPM™ VIRTUAL | | CYCLE VIRTUAL | |
| 7:00am | LES MILLS BODY ATTACK™ | LES MILLS CORE™ | STRENGTH CARDIO CIRCUIT | LES MILLS CORE™ | BODYPUMP™ |
| 7:30am | SPRINT™ | RPM™ | SPRINT™ | | RPM™ EXPRESS |
| 8:15am | | | SPRINT™ | | |
| 9:00am | | CYCLE | RPM™ | SPRINT™ | |
| 10:15am | RPM™ EXPRESS | SPRINT™ | CYCLE | RPM™ | RPM™ |
| 11:15am | SPRINT™ | CYCLE | RPM™ | CYCLE | RPM™ |
| 12:00pm | HARD BODY | BODY COMBAT™ | LES MILLS CORE™ | BODY ATTACK™ | BODYPUMP™ |
| 12:15pm | RPM™ | RPM™ EXPRESS | SPRINT™ | RPM™ | SPRINT™ |
| 1:30pm | LEARN LES MILLS BODY COMBAT™ | BODYPUMP™ | BODY ATTACK™ | HARD BODY | STRENGTH CARDIO CIRCUIT |
| 2:00pm | RPM™ | SPRINT™ | CYCLE | RPM™ | CYCLE |
| 3:00pm | RPM™ | RPM™ | RPM™ EXPRESS | SPRINT™ | RPM™ |
| 3:35pm | BODYPUMP™ | STRENGTH CARDIO CIRCUIT | LES MILLS CORE™ | LES MILLS BODY COMBAT™ | |
| 4:30pm | SPRINT™ | RPM™ | CYCLE | BEGINNER RPM™ | RPM™ |
| 4:30pm | | | | | LES MILLS BODY COMBAT™ |
| 5:30pm | | | RPM™ | CYCLE | SPRINT™ |
| 6:45pm | SPRINT™ | RPM™ | RPM™ | RPM™ | RPM™ |
| 7:45pm | BODY COMBAT | | LES MILLS CORE™ | | |

| | SAT | SUN |
|---------|-----------------|-------------------|
| 7:00am | SPRINT™ | RPM™ |
| | BODYPUMP™ | LES MILLS DANCET™ |
| 10:00am | RPM™ | CYCLE |
| 12:00pm | SPRINT™ | RPM™ |
| 12:00PM | BODY COMBAT™ | LES MILLS CORE™ |
| 1:30pm | BODY ATTACK™ | BODY COMBAT™ |
| 2:00pm | SPRINT™ | RPM™ |
| 3:00pm | RPM™ | CYCLE |
| 4:00pm | CARDIO STRENGTH | HARD BODY |
| 4:30pm | RPM™ | RPM™ |

Gray=Cycle Zone Location

Blue=Group Exercise Location

We would LOVE your feedback!

Email: mdefreze@mgb.org

NEW TO IN-STUDIO VIRTUAL? CLASSES START AUTOMATICALLY. SIGN UP IN THE MEMBER PORTAL.