

November 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				
7:45am					DEEP WATER KIM	7:50am-8:20am	DEEP WATER BLAST KIM	
8:00am	EASY AQUA DEEP CINDY	DEEP WATER KIM	DUAL DEPTH AQUA FIT KELLIE	DEEP WATER CINDY				
	CARDIO DRUMMING AMY	STRENGTH AND BALANCE REBECCA				8:30am	HATHA YOGA SONIA	CARDIO BARRE MELANIE/KIM
9:00am	HIIT & LIFT CORINNE	BODYPUMP™ HARMANI	HIIT & LIFT CORINNE	TONETM MARY	BODYPUMP™ MANU		CARDIO KICKBOX AMY	TONETM MATT/HARMANI
	ZUMBA® MANU/SARAH	BARRE MELANIE		S.E.A.T. REBECCA	PILATES KIM			
9:15am	AQUA FIT ROZ	AQUA FIT REBECCA	AQUA BLAST KELLIE	AQUA FIT MARIETTE	AQUA ZUMBA SARAH			
10:00AM			FOAM ROLL & STRETCH DARCY New!			9:45am	ZUMBA® HARMANI	GENTLE YOGA FLOW MELANIE
10:15am	EZ CARDIO STREN. ANN/TRACEY	TONETM MARY	FUNCTIONAL STRENGTH JOY	Country LINE DANCING KELLIE	EZ CARDIO STRENGTH TRACEY		STEP SUSAN	BODYPUMP™ ANGELA/DEE
	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	TONE® MATT	STEP SARAH	BODYPUMP™ ANGELA (45MIN)	CARDIO FUSION SUSAN				
	MAT PILATES KIM/ANN		CARDIO DRUMMING AMY					
5:30pm	VINYASA YOGA MELANIE	ZUMBA® STACEY	HATHA YOGA VALERIE	ZUMBA® HARMANI				
	TOTAL BODY BLAST AMY	TONE® 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	TONE® MATT					

November 9 from 7:00am-11:15am:
Worldwide Aquathon Day

THANKSGIVING SCHEDULE (SEE MEMBER PORTAL)

November 27 from 5:00pm-6:30pm:
PreYam Cardio Jam

November 28: CLOSED THANKSGIVING DAY

November 29: (All other classes will not be held)
9:00am **BODYPUMP™** with Manu
9:00am **Pilates** with Ann
10:00-11:15am **Cycle Combo Calorie Torcher** with Ed
10:15am: **EZ Cardio** with Ann
10:15am **Hatha Yoga** with Valerie

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*

POST THANKSGIVING RIDE
FRIDAY, NOVEMBER 29
Cycle Combo Calorie Torcher Ride with Ed
10:00am-11:15am

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

	SAT	SUN
8:15am	RPM™ HARMANI	
9:00am		CYCLE ROGER



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		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	LES MILLS CORE™	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.