



ATHLETIC CLUB  
HERITAGE HILLS

# Group Fitness Schedule



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## Studio A

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>LES MILLS BODYSTEP</b> Jamie L. 5:15-6:00AM	<b>LES MILLS BODYPUMP</b> Jamie L. 5:15-6:00AM	<b>LES MILLS BODYPUMP</b> Steph S. 8:30-9:15AM	<b>LES MILLS BODYPUMP</b> Lisa Sands 5:15-6:00AM	<b>LES MILLS BODYPUMP</b> Meghan G. 8:30-9:00AM	<b>LES MILLS GRIT</b> Jamie/Torrey 7:30-8:00AM	<b>LES MILLS BODYATTACK</b> Jamie L. 8:30-9:30AM
<b>POUNCE</b> Lori N. 8:00-8:45AM	<b>BODYBLAST</b> Melissa T. 8:30-9:30AM	<b>ATHLETIC CHALLENGE</b> Jeanean S. 9:30-10:15AM	<b>BODYBLAST</b> Melissa T. 8:30-9:30AM	<b>POUNCE</b> Meghan G. 9:00-9:30AM	<b>LES MILLS BODYSTEP</b> Jamie L. 8:00-9:00AM	<b>LES MILLS BODYPUMP</b> Kerry/Meghan 9:30-10:30AM
<b>LES MILLS BODYPUMP</b> Kerry M. 9:00-10:00AM	<b>LES MILLS BODYSTEP</b> Steph S. 9:30-10:15AM	<b>Silver&amp;Fit BARRE FUSION</b> Becky G. 10:30-11:15AM	<b>ZUMBA</b> Jodie S. 9:30-10:30AM	<b>BARRE</b> Jodie S. 9:30-10:30AM	<b>BARRE</b> Jodie S. 9:00-10:00AM	<b>LES MILLS BODYFLOW</b> Anne/Kerry 10:30-11:30AM
<b>ZUMBA</b> Jodie S. 10:00-11:00AM	<b>ZUMBA</b> Meghan G. 10:45-11:30AM	<b>Silver&amp;Fit.</b> Jill B. 11:15-12:00PM	<b>Silver Sneakers BOOM</b> Judy S. 10:45-11:15AM	<b>BEGINNER BARRE</b> Becky G. 10:30-11:00AM	<b>ZUMBA</b> Corrie H. 10:00-11:00AM	
<b>Silver&amp;Fit.</b> Becky/Jill 11:00-12:00PM	<b>Silver Sneakers Yoga Stretch</b> Meghan G. 11:30-12:15PM	<b>LES MILLS BODYATTACK</b> Liz L. 4:45-5:30PM	<b>LES MILLS BODYSTEP</b> Steph S. 4:30-5:15PM	<b>Silver&amp;Fit.</b> Lori N. 11:00-12:00PM		
<b>BODYBLAST</b> Melissa T. 4:30-5:15PM	<b>LES MILLS BODYFLOW</b> Holly C. 4:15-5:15PM	<b>BARRE</b> Becky G. 5:30-6:30PM	<b>POUNCE</b> Meghan G. 5:30-6:00PM	<b>LES MILLS CXWORX</b> Jamie L. 5:00-5:30PM		
<b>LES MILLS GRIT</b> Jamie/Torrey 5:15-5:45PM	<b>LES MILLS BODYCOMBAT</b> Nicole E. 5:15-6:00PM	<b>ZUMBA</b> Corrie H. 6:30-7:30PM	<b>LES MILLS BODYPUMP</b> Meghan G. 6:00-6:30PM	<b>LES MILLS BODYATTACK</b> Jamie L. 5:30-6:00PM		
<b>BARRE</b> Jodie S. 5:45-6:30PM	<b>LES MILLS CXWORX</b> Jamie L. 6:00-6:30PM		<b>LES MILLS BODYFLOW</b> Anne C. 6:30-7:30PM			
<b>ZUMBA</b> Corrie H. 6:30-7:30PM	<b>LES MILLS BODYPUMP</b> Jenna S. 6:30-7:30PM					

## Studio B

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>YogaCORE</b> Lori N. 9:30-10:30AM	<b>LES MILLS BODYFLOW</b> Jennifer S. 8:30-9:30AM	<b>YogaCORE</b> Lori N. 9:30-10:30AM	<b>LES MILLS BODYFLOW</b> Kerry M. 8:30-9:30AM	<b>Silver Sneakers</b> Meghan G. 9:30-10:15AM	<b>Vinyasa Yoga</b> Rebecca F. 9:30-10:30AM	<b>barre</b> Jenna/Dana 10:00-10:30AM
<b>Vinyasa Yoga</b> Rebecca F. 5:30-6:30PM	<b>Gentle Yoga</b> Lucia K. 9:30-10:30AM	<b>URBANKICK</b> Melissa T. 5:30-6:30PM	<b>Gentle Yoga</b> Lucia K. 9:30-10:30AM	<b>YogaCORE</b> Sally R. 10:15-11:15AM		
<b>LES MILLS CXWORX</b> Dana F. 6:30-7:00PM	<b>YOGA</b> Deb J. 6:30-7:30PM	<b>barre</b> Holly C. 6:30-7:00PM	<b>YOGA</b> Deb J. 6:30-7:30PM			
		<b>LES MILLS CXWORX</b> Holly C. 7:00-7:30PM				

## Cycle Studio

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>CYCLING</b> Ami T. 6:00-6:45AM	<b>CYCLING</b> Melissa T. 9:30-10:15AM	<b>LES MILLS sprint</b> Jamie L. 5:30-6:00AM	<b>CYCLING</b> Jen S. 9:30-10:15AM	<b>LES MILLS sprint</b> Steph S. 9:30-10:00AM	<b>CYCLING</b> Lisa Sands 8:00-8:45AM	<b>CYCLING</b> Jeanean S. 8:30-9:15AM
<b>CYCLING</b> Jen S. 9:30-10:15AM	<b>LES MILLS sprint</b> Steph S. 5:30-6:00PM	<b>CYCLING</b> Ami T. 5:30-6:15PM	<b>LES MILLS sprint</b> Steph S. 5:30-6:00PM		<b>CYCLING</b> Ami T. 9:00-9:45AM	<b>LES MILLS sprint</b> Lisa Schreiber 9:30-10:00AM
<b>CYCLING</b> Melissa T. 7:00-7:45PM		<b>CYCLING</b> Melissa T. 7:00-7:45PM				

Effective 2/10/20