

GROUP FITNESS

Fall SCHEDULE 2019

MON	TUES	WED	THURS	FRI
TIME/STUDIO/CLASS	TIME/STUDIO/CLASS	TIME/STUDIO/CLASS	TIME/STUDIO/CLASS	TIME/STUDIO/CLASS
STRENGTH 5:10am Studio One with Lisa O.	SHRED 5:10am MP Room with Tara	STRENGTH 5:10am Studio One with MaKenna	SHRED 5:10am MP Room with Lauren	* Barre 5:10am Mind/Body Studio with Lisa P.
* CYCLE 6:00am Cycling Studio with Toni	STRONG BY ZUMBA 6:00am Studio One with Katie	* CYCLE 6:00am Cycling Studio with Amanda	* Barre 6:00am Mind/Body Studio with Lisa P.	* CYCLE 6:00am Cycle Studio with Toni
CORE & MORE 8:00am Studio One with Alex N.	STRENGTH 9:00am MP Room with Dan	YOGA 8:15am Mind Body Studio with Hailey	STRENGTH 9:00am Studio One with Cathy	YOGA 8:15am Mind Body Studio with Val
BASIC STEP & STRENGTH 9:00am Studio One with Michelle	* CYCLE 9:15am Cycling Studio with Alissa	CORE & MORE 9:00am Studio One with Sheila	* CYCLE 9:15am Cycling Studio with Amanda	STEP 9:00am Studio One with Alissa
YOGA 9:00am Mind Body Studio with Cathy	GENTLE STRENGTH & BALANCE 10:00am Studio One with Sarah	GENTLE STRENGTH & BALANCE 10:00am Studio One with Sheila	GENTLE STRENGTH & BALANCE 10:00am Studio One with Billie/Diane	STRONG BY ZUMBA 11:00am Studio One with Sara
GENTLE CHAIR YOGA 10:15am Studio One with Billie	YOGA 11:00am Mind Body Studio with Amy X.	YOGA 12:00pm Mind Body Studio with Jackie S.	YOGA 11:00am Mind Body Studio with Amy X.	* CYCLE 12:00pm Cycle Studio with Jamie
* Barre 10:15am Mind/Body Studio with Cathy	STRENGTH 12:00pm Studio One with Krystal	STRONG BY ZUMBA 12:00pm Studio One with Dan	STRENGTH 12:00pm Studio One with Sara S.	* Barre 12:00pm Mind/Body Studio with Becky W.
* CYCLE 12:00pm Cycling Studio with Becky W.	STEP 4:30pm Studio One with Jamie	IN A MINUTE 4:30pm Studio One with Jessie	CARDIO KICKBOXING 4:30pm MP Studio with Kari	SHRED 4:30pm MP Room with Becky V.
YOGA 12:00pm Mind Body Studio with Hailey	* CYCLE 5:30pm Cycle Studio with Lisa O.	YOGA 5:30pm Mind Body Studio with Hailey	ZUMBA 5:30pm Studio One with Jenny	* BIKER CHICKS 5:30pm Cycle Studio Instructor Varies (every 2nd & 4th Friday)
IN A MINUTE 4:30pm MP Studio with Kari	YIN YOGA 5:30pm Mind Body Studio with Cathy	SHRED 5:30pm Studio One with Lisa O.	* Barre 5:30pm Mind/Body Studio with Becky W.	SATURDAYS 8:00am - Cardio Mix 9:00am - Strength 10:00am - Yoga
ZUMBA 5:30pm MP Studio with Kari				SUNDAYS 1:00pm - Sunday Snippet 9:00am - Cycling Theme Ride Every first Sunday of the month
PILATES 5:30pm Mind Body Studio with Rita				

*These classes require day-of sign up. Sign up goes out 30 minutes prior to class time at the front desk. ▲ 30 Minute Class
 Turn this sheet over for weekend classes, demos, and premier classes. ■ 45 Minute Class
 ● 60 Minute Class



DECEMBER

2019

ADDITIONAL CLASS CALENDAR

Weekends | Demos
TRX | Rowing

NOTES

Reminder: All Premier class offerings (rowing & TRX classes) have required sign up due to limited space. Premium class packages are available.

Please sign up at westernracquet.com or by call the front desk at 497-1161

Classes indicated with an * require advance sign up. Sign up sheets for cycling and barre will be made available 30 minutes before the start of class. You may sign up for ONLY your own spot.

SUN	MON	TUES	WED	THURS	FRI	SAT
1 CYCLE *9:00am - Theme Ride She's Gone Country with Kari STRONG by ZUMBA 1:00pm Strong by Zumba with the SBZ Team	2 INDOROW *10:00am with Kari	3 TRX 101 *4:30pm with Becky W. (FREE) BOXING BOOTCAMP *4:30pm with Dan CORECREW *5:30pm with Jessie	4 TRX DROP-IN *5:30am with Tara LOWER BODY & CORE	5	6 BOXING BOOTCAMP *6:00am with Katie D. TRX 101 *7:15am with Katie D. (FREE)	7 8:00am - CYCLING with Becky W. 9:00am - STRENGTH with Sheila INDOROW *9:00am with Becky W. 10:00am - YOGA with Cathy
8 STRONG by ZUMBA 1:00pm Strong by Zumba with Sara S. & Jessica	9 INDOROW *10:00am with Sara S. TRX DROP-IN *11:00am with Kari TRX TABATA TRX DROP-IN *5:30pm with Katie D. SINGLE HANDLE MODE	10 BOXING BOOTCAMP *4:30pm with Dan	11 TRX DROP-IN *5:30pm with Becky V. TRX + TOYS CYCLE after dark RATED R *6:30pm with Becky W.	12 TRX DROP-IN *3:30pm with Becky W. TRX + BARRE	13 BOXING BOOTCAMP *5:10am with Katie F. BIKER CHICKS *5:30pm with Lisa O.	14 8:00am - ZUMBA with Jessica 9:00am - STRENGTH with Devin INDOROW *9:00am with Kari 10:00am - YOGA with Val
15 STRONG by ZUMBA 1:00pm Strong by Zumba with Katie D.	16 INDOROW *10:00am with Tara TRX DROP-IN *11:00am with Kari HARD CORE TRX DROP-IN *5:30pm with Katie D. 12 PAINS OF CHRISTMAS	17 BOXING BOOTCAMP *4:30pm with Dan CORECREW *5:30pm with Jessie	18 TRX DROP-IN *5:30am with Tara CLIMB THE CHRISTMAS TREE	19 TRX DROP-IN *3:30pm with Kari PICK YOUR PRESENT ACCUMULATOR	20 BOXING BOOTCAMP *6:00am with Sara S. TRX DROP-IN *10:00am with Dan ROLL THE DICE	21 8:00am - BARRE STRONG with Lisa P. & Sara S. 9:00am - STRENGTH with Tara 10:00am - YOGA with Jackie S.
22 STRONG by ZUMBA 1:00pm Strong by Zumba with Dan & Jessica	23 TRX Session Sign-Up TRX DROP-IN *11:00am with Becky W. 12 PAINS OF CHRISTMAS TRX DROP-IN *5:30pm with Katie D. UPPER & CORE	24 CHRISTMAS EVE OPEN 5:00AM-3:00PM 8:00am - STRONG BY ZUMBA with Sara S. 9:00am - CYCLING with Alissa 10:00am - YOGA with Mandy	25 CLUB CLOSED MERRY CHRISTMAS! 	26 TRX DROP-IN *3:30pm with Kari TRX ROW	27 BOXING BOOTCAMP *5:10am with Katie F. BIKER CHICKS *5:30pm with Alissa	28 8:00am - STEP with Alissa 9:00am - STRENGTH with Amy M. 10:00am - YOGA with Amy X.
29 STRONG by ZUMBA 1:00pm Strong by Zumba with Sara S. & Jessica	30 INDOROW *10:00am with Tara TRX DROP-IN *11:00am with Kari HAPPY NEW REAR	31 NEW YEAR'S EVE OPEN 5:00AM-3:00PM 9:00am - CYCLING with Alissa 10:00am - ROWING MELTDOWN with Sara S. 11:15am - SHOWTUNES BOOTCAMP with Kimberly				