



Spring

Group Ex Schedule | May 1st



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30 AM (30)	6:00 AM (45)	6:30 AM (45)	6:30 AM (30)			
SPIN EXPRESS	STRENGTH&CORE	SPIN EXPRESS	SPIN EXPRESS			
Jade @	Shira (A)	Alan (C)	Jade @			
7:00 AM (60)	7:30 AM (45)					
SLOW YOGA FLOW	TRX KETTLEBELL					
Tammie (A)	Natalie (A)					
8:30 AM (45)	8:30AM (45)	8:30 AM (45)	8:30 AM (45)	8:30 AM (45)	8:30AM (55)	8:30 AM (45)
PURE STRENGTH	BARRE FUSION	BARBELL STRENGTH	TRX KETTLEBELL	YOGA SCULPT	VINYASA YOGA	CARDIO STRENGTH
Natalie (A)	Aliza (A)	Natalie (A)	Natalie (A)	Natalie (A)	Yael (B)	Shana (A)
9:00 AM (25)	9:00 AM (45)	8:45 AM (25)	9:00 AM (25)	8:30 AM (30)	8:30 AM (45)	8:15 AM (45)
BIKER BOOTCAMP	CORE PILATES	CORE FUSION	TABATA BAND	SPIN EXPRESS	XTREME STEP	CYCLE FIT
Aliza @	Sonja (B)	Aliza (B)	Aliza @	Jade @	Mia (A)	Andy
9:30 AM (55)	9:30 AM (45)	9:15AM (45)	9:00 AM (45)	9:00 AM (25)	9:00 AM (45)	9:15 AM (60)
CYCLE FIT	BARRE FUSION	SOUL BODY BARRE	CORE PILATES	TABATA BARRE	CYCLE FIT	YOGA
Barb	Natalie (A)	Linda (B)	Mary (B)	Aliza (B)	Yana	Lorinda (B)
9:30 AM (45)	9:30 AM (45)	9:30 AM (60)	9:30 AM (45)	9:30 AM (45)	9:30 AM (45)	9:30 AM (45)
BARRE FUSION	BIKER CORE	CYCLE CORE	STABILITY BALL	CYCLE FIT	BARRE FUSION	LIFT & BURN
Aliza (A)	Aliza @/(B)	Erika	Natalie (A)	Kerri	Lorinda (A)	Jen (A)
	10:15 AM (45)	9:30 AM (45)	9:30 AM (45)	9:30 AM (45)	9:45 AM (30)	9:30 AM (30)
	AQUA FITNESS	LEVEL UP BOOTCAMP	BIKER BOOTCAMP	BARBELL STRENGTH	CORE FUSION	SPIN EXPRESS
	Shira	Aliza (A)	Aliza @	Aliza (A)	Yana (B)	Aliza @
10:30AM (45)	10:30AM (45)	10:30AM (45)	10:15 AM (45)	9:30 AM (40)	10:15 AM (45)	10:30 AM (45)
FIT FUSION	ZUMBA	CARDIO BLAST	AQUA FITNESS	CARDIO BARRE	AQUA FITNESS	CARDIO BARRE
Natalie (A)	Tisha (A)	Sheri (A)	Shira	Jen (B)	Kelly	Jen (B)
10:30 AM (45)	10:30 AM (60)	10:30 AM (45)	10:30AM (45)	10:15 AM (30)	10:30 AM (60)	10:30 AM (60)
AQUA FITNESS	VINYASA YOGA	AQUA BODYSCULPT	BODY SCULPT	CORE	GENTLE YOGA	GENTLE YOGA
Hannah	Jenn (B)	Hannah	Mia (A)	Kerri (B)	Tammie (A)	Tammie (A)
			10:30 AM (60)	10:30 AM (45)	10:30 AM (60)	
			SLOW YOGA FLOW	AQUA BODYSCULPT	Pop-Up Classes	
			Lorinda (B)	Hannah	TBD (A)	
12:00 PM (45)	11:30 AM (30)	12:00 PM (45)	11:30 AM (30)	10:45 AM (60)		Premium FLEX Mbrs Only! FLEX CLASS
CHAIR YOGA	SEATED STRENGTH	CHAIR YOGA	SEATED STRENGTH	RESTORATIVE YOGA		
Tammie (A)	Tisha (A)	Lorinda (A)	Hannah (A)	Jenn (B)		
4:30 PM (60)		4:30 PM (45)	12:00 PM (60)			
VINYASA YOGA		PURE STRENGTH	IYENGAR YOGA			
Jenn (B)		Mia (A)	Robyn (B)			
5:00 PM (45)	5:30 PM (45)	5:15 PM (30)				Aqua Classes
TRX BOOTCAMP	CYCLEFIT	CARDIO BLAST				Low Intensity
Mia (A)	Marcy	Mia (A)				
5:45 PM (30)	5:30 PM (45)	5:45 PM (30)	5:00 PM (45)			Yoga Pilates
CYCLE FIT	CARDIO BLAST	CYCLEFIT	TRX BOOTCAMP			Barre
Marcy	Hannah (A)	Diana	Chris (A)			
6:15 PM (30)	6:00 PM (60)	6:00PM (60)				
CORE	ALIGNMENT YOGA	RESTORATIVE YOGA				
Marcy (B)	Rebecca (B)	Jenn (B)				
6:00 PM (45)	6:30 PM (45)	6:30 PM (60)	6:30 PM (60)	Low Intensity Classes Indicates a class that is appropriate for NovaCare Step Down Program, these are also low intensity classes and great for anyone getting back into exercise.		Cycle Classes
AQUA FITNESS	ZUMBA	BARBELL STRENGTH	ZUMBA			High Intensity
Kelly	Dana/ Liza (A)	Diana (A)	Tiffany (A)			
7:00 PM (45)	7:15 PM (45)	7:30 PM (30)			Indicates New Class Indicates a Time Change Indicates a change of instructor	
RESTORE FLOW	SPIN & WEIGHTS	SPIN EXPRESS		Red Time		
Linda (B)	Yana @/B	Aliza @		Red Instructor		
8:00 PM (45)	7:45 PM (45)	8:00 PM (45)	8:00 PM (45)			
TABATA	BOOTCAMP	BARRE FUSION	ZUMBA			
Shani (A)	Aliza (A)	Aliza (A)	Tzivya Aviva Ambush (A)			

Classes highled in pink are for the **exclusive use of our Premium FLEX Membership**. Registration is required. (Women Only Classes)
Speak to membership about upgrading your membership today.