



Class Schedule

First Trimester
Effective January 2, 2019

Dan Abraham Healthy Living Center

Monday

Pool		Training		Mind/Body	
Swim Lessons 6:30-7:15am	Megan M.	Fusion Express 5-5:30am	Terri	Yoga 6:15-7am	Robin
Social Splash 9-9:30am	No Instr.	EX4 5:45-6:45am	Terri	Yoga Basics 10:15-11am	Laurel
AOA Aqua 9:30-10:25am	Brent B.	Fusion 45 9:15-10am	Raegan	Yoga 11:15am-12pm	Stephanie
Aqua Mixx 4:30-5:15pm	Amy S.	Fusion Express 11:15-11:45am	Tiffany	Barefoot Power 12:15-1pm	Robin
Swim Lessons 5:30-6:15pm	Amy S.	EX4 12-1pm	Tiffany	Chair Yoga 1:30-2:15pm	Darin
		Fusion Express 1:15-1:45pm	Drew	Pilates Core 2:30-3:15pm	Lori
		Core Express 2-2:15pm	Drew	Yin Restore 3:30-4:15pm	Stephanie
		Fusion 45 4:30-5:15pm	Drew	Yoga 4:30-5:15pm	Stephanie
		EX4 5:30-6:30pm	Drew	Yoga Basics 5:30-6:15pm	Kay
		EX4 6:30-7:30pm	Drew	AT Mind in Motion 6:30-7:15pm	Laurel
Multipurpose A					
Core Express 4:40-4:55am	Terri	EX4 7:30-8:30pm	Drew		
AOA Core & Balance 8-8:45am	Terri	Multipurpose B			
Strength 9:15-10am	Robin	Ride & Reps 5:15-6am	Megan M.		
Cardio Kickbox 11:15am-12pm	Kelly	Cycle Intro 10:30-11am	Amy S.		
Strength 12:15-1pm	Kelly	Ignite 11:30am-12pm	Amy S.		
Power 45 1:15-2pm	Brian	Cycle 12:15-1pm	Julie		
Strength Intro 3:45-4:15pm	Kelly	Ignite 4:30-5pm	Kelly		
Strength 4:30-5:15pm	Rick	Cycle 5:30-6:15pm	Lori		
Zumba 5:30-6:15pm	Adeline				
Barefoot Power 6:30-7:15pm	Laura				

Tuesday

Pool		Training		Mind/Body	
Aqua Mixx 9:15-10am	Marcy	KB & ST 5-6am	Brian	Yoga 6:15-7am	Kerry
Restorative Aqua 10:15-11am	Marcy	Fusion 45 6:15-7am	Raegan	Yin Restore 9-10am	Lori
Swim Lessons 11:15am-12pm	Amy S.	AOA Fusion Express 8:30-9am	Brian	Pilates Core 10:15-11am	Trisha
HIIT the Water 4:30-5pm	Laura	AOA Fusion 9:15-10am	Brian	Yoga 11:15am-12pm	Stephanie
Swim Lessons 5:15-6pm	Laura	Fusion Express 11:15am-11:45am	Raegan	Yoga 12:15-1pm	Stephanie
		Core Express 12-12:15pm	Chad	Advanced AT Program 1:15-2:15pm	Laurel
		Prenatal Training 12:30-1:15pm	Tiffany	Chair Yoga 2:30-3:15pm	Laurel
		Fusion Express 3:45-4:15pm	Lisa	Yoga 3:30-4:15pm	Darin
		Fusion 45 4:30-5:15pm	Drew	Yoga Basics 4:30-5:15pm	Kay
		Fusion Express 5:30-6pm	Amy K.	Yoga 5:30-6:15pm	Allison
				Pilates Core 6:30-7:15pm	Shelley
Multipurpose A					
Strength Express 6-6:30am	Jordan	EX4 5-6am	Lynne		
Quick Fixx 10:30-11am	Kelly	EX4 6-7am	Lynne		
Strength Express 11:15-11:45am	Christina	Cycle Express 11:15-11:45am	Lexie		
STRONG 30 12-12:30pm	Ashlie	EX4 12-1pm	Terri		
Strength 2:30-3:15pm	Elaine	EX4 4:15-5:15pm	Andy		
Row & Reps 4:30-5:15pm	Brent B.	Cycle 5:30-6:15pm	George		
Cardio Kickbox 5:30-6:15pm	Elaine	EX4 6:30-7:30pm	Andy		
Strength 6:30-7:15pm	Heidi	EX4 7:30-8:30pm	Drew		

Wednesday

Pool		Training		Mind/Body	
Social Splash 9-9:30am	No Instr.	Fusion Express 5-5:30am	Brian	Yoga 6:15-7am	Kerry
AOA Aqua 9:30-10:25am	Megan M.	EX4 5:45-6:45am	Terri	AT Foundations 8-9am	Laurel
Swim Lessons 2:30-3:15pm	Julie	Fusion 45 9:15-10am	Brian	Yoga Basics 9:15-10am	Darin
Aqua Mixx 3:30-4:15pm	Julie	Fusion 45 10:15-11am	Terri	Pilates Bal/Control 10:15-11am	Marcy
		Fusion Express 11:15-11:45am	Terri	Yoga Basics 11:15am-12pm	Mike
		EX4 12-1pm	Tiffany	Yoga 12:15-1pm	Stephanie
		Fusion 45 1:15-2pm	Lisa	AT Mind in Motion 1:15-2pm	Laurel
		Fusion Express 3:45-4:15pm	Amy K.	Private Yoga 2:30-3:30pm	Stephanie
		EX4 4:30-5:30pm	Lynne	Yoga 4:30-5:15pm	Stephanie
		EX4 5:30-6:30pm	Andy	Warm Yoga Fusion 5:30-6:30pm	Lori
		Fusion Express 6:45-7:15pm	Lisa		
Multipurpose A					
AOA Core & Balance 8-8:45am	Chad	EX4 7:30-8:30pm	Drew		
AOA Mixx 9:15-10am	Heidi				
Indo-Row Intro 10:45-11:15am	Megan M.	Multipurpose B			
Indo-Row Express 11:30am-12pm	Megan M.	Ride & Reps 6:15-7am	Jordan		
Strength Express 12:15-12:45pm	Kelly	Cycle Intro 10:30-11am	Kelly		
Power 45 1:15-2pm	Andy	Staff Training 11:15am-12pm			
Strength 4:30-5:15pm	Rick	Ignite 12:15-12:45pm	Amy S.		
Indo-Row 5:30-6:15pm	Brent B.	Cycle Express 5:30-6pm	Rotate		

