

JANUARY

PULSEology FITNESS CLUB

Group x (Studio 1)

MON

TUE

WED

THUR

FRI

SAT

SUN

5:30 AM

**LES MILLS
BODYPUMP**
(TOVAH)

6:30 AM

7:30 AM

**LES MILLS
BODYPUMP**
(PAM)

8:30 AM

TABATA
(SHELLEY)

9:30 AM

TOTAL BODY TONE
(SHELLEY)

10:30 AM

 ZUMBA
(ALMA)

 PICKLEBALL

12:00 PM- 3:00 PM

PICKLEBALL
(1 HR COURT
TIMES
AVAILABLE)
please see front
desk for more info

3:30 PM

 ZUMBA
(ELIZABETH)

4:30 PM

5:30 PM

6:00 PM

**LES MILLS
BODYPUMP**
(BROOKE)

BODY BLAST
(JOY)

12:00 PM- 5:00 PM

PICKLEBALL
(1 HR COURT
TIMES
AVAILABLE)
please see front
desk for more info

please see front
desk for more info

12:00 PM- 3:00 PM

PICKLEBALL
(1 HR COURT
TIMES
AVAILABLE)
please see front
desk for more info

 ZUMBA
(ELIZABETH)

**LES MILLS
BODYPUMP**
(BROOKE)

12:00 PM- 5:00 PM

PICKLEBALL
(1 HR COURT
TIMES
AVAILABLE)
please see front
desk for more info

please see front
desk for more info

tone
(BROOKE)

HIIT STRENGTH
(BROOKE)

11:00 PM- 7:00 PM

PICKLEBALL
(1 HR COURT
TIMES
AVAILABLE)
please see front
desk for more info

please see front
desk for more info

8:00 AM

BUILD & BURN
(JOY)

9:00 AM

 ZUMBA
(CHIKIS)

10:00 AM

**LES MILLS
BODYPUMP**
(ROTATING - SEE APP)

11:00 AM- 4:00 PM

PICKLEBALL
(1 HR COURT
TIMES
AVAILABLE)
please see front
desk for more info

please see front
desk for more info

8:00 AM- 2:00 PM

PICKLEBALL
(1 HR COURT
TIMES
AVAILABLE)

please see front
desk for more info

JANUARY



Cycle - live/virtual
(Studio 2)

MON

TUE

WED

THUR

FRI

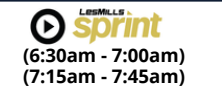
SAT

SUN

5:30 AM



6:30 AM
7:15 AM



7:45 AM
8:00 AM



8:30 AM

LIVE CYCLE
(KIM)



9:30 AM -
10:30 AM

LIVE CYCLE
(KELLY)



LIVE CYCLE
(LAURIE)

LIVE CYCLE
(BRETT)

LIVE CYCLE
(MARGARET)



10:30 AM -
11:30 AM



11:30 AM -
12:20 PM



12:30 PM -
1:00 PM



1:30 PM -
2:30 PM



2:30 PM -
3:30 PM



3:30 PM -
4:20 PM



4:30 PM -
5:00 PM



5:30 PM -
6:20 PM



LIVE CYCLE
55 MIN (KIM)



LIVE CYCLE
55 MIN (SHELLEY)



JANUARY

PULSEology
FITNESS CLUB

MIND-BODY
(Studio 3)

MON

TUE

WED

THUR

FRI

SAT

SUN

7:30 AM

8:30 AM

9:30 AM

10:30 AM

11:30 AM

STRETCH &
RECOVER (30 MIN)
(ANNMARIE)

VINYASA FLOW
(CAROLINE)

MAT PILATES
(ANNIE)

VINYASA FLOW
(CAROLINE)

MAT PILATES
(ANNIE)

POWER YOGA
(BENEDICTE)

PRIVATE YOGA
(ANNMARIE)

BOOTYBARRE
(LAURIE)

BARRE
(ANNIE)

BARRE
(ANNIE)

SILVER SNEAKERS
(CAROLINE)

SILVER SNEAKERS
(CAROLINE)

SILVER SNEAKERS
(CAROLINE)

4:00 PM

6:00 PM

PRIVATE YOGA
4pm-5pm
(ANNMARIE)

PRIVATE YOGA
4pm-5pm
(ANNMARIE)

VIN YIN YOGA
(BENEDICTE)

ESSENTIAL YOGA
(BENEDICTE)

PLEASE SEE FRONT DESK TO SCHEDULE PRIVATE YOGA SESSIONS