

MONDAY			
5:30-6:15am	Strength	Studio A	Jennie
5:45-6:30am	Yoga	Studio B	Shirley/Heather
6:40-7:15am	Step & Strength	Studio A	Heidi
8:00-8:55am	Strength	Studio A	Joni
8:00-9:00am	Yoga	Studio B	Nita
9:00-10:00am	Cycle	Studio C	Joni
9:00-9:45am	Step	Studio A	Kris
9:45-10:10am	Yoga	Studio A	Kris
10:15-11am	Cardio Lift	Studio A	Sarah
11:15-12pm	SilverSneakers®	Studio A	Katie
12:15-1pm	Strength	Studio A	Amber
2:00-3:30pm	Line Dancing	Studio A	
3:30-4:15pm	Youth Class	Studio A	Amber
4:30-5:15pm	CardioKick	Studio A	Becky
4:30-5:15pm	TRX	Studio B	Beth M.
5:15-6:00pm	Cycle Express	Studio C	Christopher
5:30-6:30pm	Barbell/Core	Studio A	Beth M.

THURSDAY			
5:45-6:30am	Pound®	Studio A	Candy/Angela
5:45-6:45am	TRX/Kettlebells	Studio B	Greg
5:45-6:25am	Cycle/Camp	Studio C	Cindy/Patty
8:10-8:55am	Kettlebells	Studio A	Beth Joki
9:00-10:00am	Cycle/Core	Studio C	Beth
9:00-9:45am	HIIT	Studio A	Lisa
9:00-10:00am	TRX	Studio B	Beth Joki
9:45-10:10am	Core	Studio A	Lisa
10:15-11am	Flex Strength	Studio A	Beth Joki
11:15-12pm	Balance Tai Chi	Studio A	Kris
12:15-1pm	Yoga	Studio A	Katie
4:15-5:00pm	Step	Studio A	Beth M.
5:00-5:30pm	Kettlebells	Studio A	Beth M.
5:00-5:45pm	TRX	Studio B	Amber
5:35-6:30pm	Zumba®	Studio A	Amy
5:45-6:00pm	Foam Roller	Studio B	Amber

TUESDAY			
5:45-6:30am	HIIT	Studio A	Cindy/Tara
5:45-6:45am	TRX	Studio B	Petra
5:45-6:25am	Cycle Express	Studio C	Beth M.
6:25-6:45am	Ropes	Studio C	Beth M.
8:10-8:55am	Kettlebells	Studio A	Beth Joki
9:00-10:00am	Cycle/Yoga	Studio C	Kris
9:00-9:45am	CardioKick	Studio A	Lisa
9:30-10:00am	AOA TRX	Studio B	Beth Joki
9:45-10:10am	Barre	Studio A	Lisa
10:15-11am	Flex Strength	Studio A	Beth Joki
11:15-12pm	Chair Yoga	Studio A	Katie
4:15-5:10pm	Circuit	Studio A	Jody
5:15-6:30pm	Yoga	Studio A	Rotation
6:30-7:30pm	Beg. KARATE	Studio B	Tony K.
7:30-8:30pm	Adv. KARATE	Studio B	Tony K.

FRIDAY			
5:30-6:15am	Cycle Express	Cycle	Jennie
5:40-6:30am	Yoga	Studio A	Katie
6:40-7:15am	Step & Strength	Studio A	Heidi
8:00-8:55am	Boot Camp	Studio A	Amber
9:00-10:10am	Gentle Yoga	Studio A	Kris
9:00-10:00am	Cycle/HIIT	Studio C	Joni
9:30-10am	AOA TRX	Studio B	Beth Joki
10:15-11am	Cardio Lift	Studio A	Kris/Angie
11:15-12pm	SilverSneakers®	Studio A	Beth M.
12:15-1pm	Strength	Studio A	Amber
4:30-5:15pm	CardioKick	Studio A	Kisha

WEDNESDAY			
5:45-6:30am	Step	Studio A	Beth M.
5:45-6:30am	Cycle Express	Studio C	Candy
6:40-7:15am	Royally Fit	Studio A	
8:10-8:55am	Core Strength	Studio A	Kris
9:00-9:45am	Step	Studio A	Kris
9:45-10:10am	Strength	Studio A	Kris
10:15-11am	Cardio Lift	Studio A	Kristin
11:15-12pm	SilverSneakers®	Studio A	Beth M.
12:15-1pm	HIIT	Studio A	Bri
3:30-4:15pm	Youth Class	Studio A	Amber
4:30-5:15pm	Strength	Studio B	Joni
4:45-5:30pm	Pound®	Studio A	Candy/Angela
5:00-5:45pm	Cycle Express	Studio C	Renee/Jennie
5:45-7:30pm	Tai Chi	Studio C	Mike
6:00-7:00pm	Circuit	Studio A	Petra

SATURDAY			
7:15-8:00am	Cycle	Studio C	Rotation
8:00-8:55am	Insanity®	Studio A	Beth M.
9:10-10:15am	Cardio Jam	Studio A	Rotation
9:30-11:30am	Tai Chi	Studio C	Mike
10:30-12pm	Yoga	Studio A	Nita
8:00-10:30am	JUDO 16+ yr olds	Studio B	
10:30-12pm	JUDO 6-15 yrs olds	Studio B	

SUNDAY			
12:30-1:30pm	Cycle	Studio C	Rotation
2:30-3:30pm	Strong by Zumba®	Studio A	Angela S.



**GROUP EXERCISE SCHEDULE  
WINTER 2019**

[www.itascayfitnessclasses.wordpress.com](http://www.itascayfitnessclasses.wordpress.com)

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