

**WILLYS WORLD WELLNESS & CONFERENCE CENTER GROUP EXERCISE PROGRAM**

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 AM		<b>SPIN</b> Theresa		<b>SPIN</b> Theresa			
6:45 AM	<b>NO NONSENSE CIRCUIT</b> Theresa Studio A				<b>NO NONSENSE CIRCUIT</b> Theresa Studio A		
7:00 AM		<b>SUNRISE YOGA</b> Patti		<b>SUNRISE YOGA</b> Patti			
8:00 AM		<b>GENTLE YOGA</b> Jane Studio B		<b>GENTLE YOGA</b> Jane Studio B			<b>SPIN</b> Jose
8:15 AM	<b>COREFIT</b> Monica Studio A	<b>MAT PILATES</b> Jenny Studio A	<b>TOTAL BODY</b> Jenny Studio A	<b>MAT PILATES</b> Jenny Studio A	<b>COREFIT</b> Monica Studio A	<b>LIVE2DANCE</b> Jenny Studio A	
						<b>SPIN</b> Theresa	
9:00 AM							<b>YOGA</b> Carin Studio A
9:15 AM		<b>LIVE2DANCE</b> Jenny Studio A	<b>SPIN</b> Monica	<b>SPIN &amp; SCULPT</b> Jenny	<b>SPIN</b> Monica	<b>TOTAL BODY</b> Theresa Studio A	
9:30 AM	*Boxing, Barbells & Straps, Barbara		* <b>TRX GROUP</b> Barbara Fee per Class		* <b>TRX GROUP</b> Barbara Fee per Class		
	<b>AQUAFIT</b> Jenny		<b>AQUAFIT</b> Bridgette		<b>AQUAFIT</b> Lois		
11:00 AM							
4:30 PM	<b>SPIN</b> Jenny or Theresa		<b>SPIN</b> Jenny or Theresa				
5:30 PM	12 Week Transformation Wendy	<b>BODY 360</b> Domenic Studio A	12 Week Transformation Wendy				
				<b>YOGA</b> Carin or Aisling Studio B			

\*Non-Members Welcome for \$20 - Buy a series and save!

HIIT: High Intensity Interval Training

**Must register in advance**