

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

*Non-Members Welcome for \$20 - Buy a series and save!
Must register in advance

HIIT: High Intensity Interval Training