

# Willy's Summer 2019 Group Classes & Programs

## CYCLING

MON	TUES	WED	THURS	FRI	SAT	SUN
<b>6:00PM</b> <b>BURN RHYTHM</b> <i>With Jenny</i>	<b>6:00AM</b> <b>CRANK</b> <i>With Theresa</i>	<b>9:15AM</b> <b>CYCLONE</b> <i>With Monica</i>	<b>6:00AM</b> <b>CRANK</b> <i>With Theresa</i>	<b>9:15AM</b> <b>CYCLONE</b> <i>With Monica</i>	<b>8:15AM</b> <b>CRANK</b> <i>With Theresa</i>	<b>8:00AM</b> <b>CYCLONE</b> <i>With Monica</i>
		<b>6:00PM</b> <b>CYCLE FUNK</b> <i>With Terri</i>	<b>9:15AM</b> <b>BURN &amp; SCULPT</b> <i>With Jenny</i>			

## MIND & BODY

MON	TUES	WED	THURS	FRI	SAT	SUN
<b>8:00AM</b> <b>GENTLE YOGA</b> <i>With Jane</i>	<b>7:00AM</b> <b>SUNRISE</b> <b>YOGA</b>	<b>8:00AM</b> <b>GENTLE YOGA</b> <i>With Jane</i>	<b>7:00AM</b> <b>SUNRISE</b> <b>YOGA</b>			<b>9:00AM</b> <b>YOGA</b> <i>With Carin</i>
	<b>8:10AM</b> <b>MAT PILATES</b> <i>With Jenny</i>		<b>8:10AM</b> <b>MAT PILATES</b> <i>With Jenny</i>			

## DANCE, CARDIO & STRENGTH

MON	TUES	WED	THURS	FRI	SAT	SUN
<b>7:00AM</b> <b>NO NONSENSE</b> <b>CIRCUIT</b> <i>With Theresa</i>		<b>7:00AM</b> <b>NO NONSENSE</b> <b>CIRCUIT</b> <i>With Theresa</i>		<b>7:00AM</b> <b>NO NONSENSE</b> <b>CIRCUIT</b> <i>With Theresa</i>		
<b>8:10AM</b> <b>CORE, BALANCE</b> <b>&amp; MORE</b> <i>With Monica</i>		<b>8:10AM</b> <b>HIIT</b> <i>With Wendy</i>		<b>8:10AM</b> <b>CORE, BALANCE</b> <b>&amp; MORE</b> <i>With Monica</i>		
<b>9:15AM</b> <b>BODY 360</b> <i>With Jenny</i>	<b>9:15AM</b> <b>CARDIO FUNK</b> <i>With Jenny</i>	<b>9:30AM</b> <b>AQUAFIT</b>			<b>9:15AM</b> <b>TOTAL BODY</b> <i>With Theresa</i>	
<b>9:30AM</b> <b>AQUAFIT</b>	<b>9:30AM</b> <b>ROPES &amp; STRAPS</b> <i>With Barbara</i>	<b>9:30AM</b> <b>TRX</b>				
<b>9:30AM</b> <b>TRX</b>		<b>10:00AM</b> <b>HIIT Against</b> <b>Parkinsons \$</b> <i>With Wendy</i>	<b>9:30AM</b> <b>ROPES &amp; STRAPS</b> <i>With Barbara</i>	<b>9:30AM</b> <b>TRX</b>		
<b>10:00AM</b> <b>HIIT Against</b> <b>Parkinsons \$</b> <i>With Wendy</i>		<b>5:00PM</b> <b>FIT EXPRESS</b> <i>With Theresa</i>				
<b>5:30PM</b> <b>HIIT</b> <i>With Wendy</i>	<b>5:30PM</b> <b>BODY 360</b> <i>With Dominic</i>	<b>5:30PM</b> <b>HIIT</b> <i>With Wendy</i>				

\$ Fee Based Class