

DODGE Y GROUP FITNESS SCHEDULE

SESSION 1 January 2-February 24

Mondays AM

6:00 - 6:45am	Spin@		Adria	Spin Studio
7:00 - 8:00am	Aqua Aerobics		Sharri	Pool
6:30 - 7:30am	Pilates Ball		Jenn	Studio A
8:15 - 9:15am	Hatha Yoga		Emily R.	Studio B
9:30 - 10:00am	GRIT Cardio™		Oliver	Studio A
10:05 - 10:35am	CXWorx™		Oliver	Studio A
9:30 - 10:25am	Gentle Yoga for All Women		Anna	Studio B
10:30 - 11:30am	AOA Cardio Conditioning		Akwesi	Studio B
10:45 - 11:45am	Baby and Toddler Yoga		Anna	Conf. Rm
10:45 - 11:45am	ZUMBA		Sophia	Studio A
12:00 - 12:45pm	Spin@		Sharri	Spin Studio
12:00 - 1:00pm	BodyPump™		Sophia	Studio A
12:00 - 1:00pm	Aqua Aerobics		Simone	Pool

Tuesdays AM

6:30-7:00am	GRIT Strength™		Hannah	Studio A
6:30 - 7:45am	Hatha Yoga		Akwesi	Studio B
7:00 - 8:00am	Aqua Aerobics		Sharri	Pool
9:00 - 9:55am	Barre		Natarsha	Studio A
9:00 - 9:55am	Total Body Conditioning		Tanya	GYM
9:00 - 10:25am	Vinyasa Yoga		Naomi	Studio B
10:00 - 10:45am	Spin@		Miranda	Spin Studio
10:00 - 10:55am	ZUMBA		Natarsha	Studio A
10:30 - 11:25am	Beginner Hatha Yoga		Jane	Studio B
11:00 - 12:00pm	AOA Cardio Conditioning		Avion	Studio A
11:30 - 12:25pm	Hatha Yoga		Jane	Studio B
12:00 - 12:30pm	Core Training		Avion	Studio A
12:00 - 1:00pm	Aqua Aerobics		Simone	Pool

Wednesday AM

6:00 - 6:45am	Spin@		Adria	Spin Studio
7:00 - 8:00am	Aqua Bootcamp		Matt	Pool
8:30 - 10:00am	Hatha Yoga		Mare	Studio B
8:45 - 9:30am	BodyPump Express™		Natarsha	Studio A
9:40 - 10:10am	GRIT Cardio™		Oliver	Studio A
10:00 - 10:50am	Spin		Miranda	Spin Studio
10:15 - 11:15am	Pilates Mat		Sophia	Studio A
10:55-11:25am	Total Body Conditioning		Miranda	Studio B
11:30 - 12:25pm	Core Training		Mare	Studio B
11:30 - 12:30pm	Tai Chi		Phil	Studio A
12:00 - 12:45pm	Spin@		Miranda	Spin Studio
12:00 - 1:00pm	Aqua Dance Aerobics		James	Pool

Thursday AM

6:30 - 7:00am	GRIT Strength™		Hannah	Studio A
6:30 - 7:45am	Hatha Yoga		Akwesi	Studio B
7:00 - 8:00am	Aqua Aerobics		Matt	Pool
8:00 - 8:55am	Salsa		James	Studio A
9:00 - 9:55am	Total Body Conditioning		Tanya	GYM
9:00 - 9:55am	Beginner Pilates		Natarsha	Studio B
9:30 - 10:30am	Tai Chi Sword		Phil/Rebecca	Studio A
10:00 - 10:55am	Spin@		Sharri	Spin Studio
11:00 - 11:30am	CXWorx™		Petra	Studio A
10:30 - 11:25am	Beginner Hatha Yoga		Jane	Studio B
10:55 - 11:55am	Retro Dance Party		James	GYM
11:30 - 12:30pm	Hatha Yoga		Jane	Studio B
12:00 - 12:55pm	Chair Yoga		Dominique	Studio A
12:00 - 1:00pm	Aqua Aerobics		Sharri	Pool

Friday AM

6:00 - 6:45am	Spin@		Alma	Spin Studio
7:00 - 8:00am	Aqua Aerobics		Sharri	Pool
8:00-9:00am	Vinyasa Yoga		Emily R.	Studio B
9:00 - 9:55am	Trampoline Fitness		Alma	Studio A
9:15 - 10:15am	AOA Cardio Conditioning		Akwesi	Studio B
9:30 - 10:00am	GRIT Cardio™		Chelsea	GYM
10:00 - 10:55am	Total Body Conditioning		Alma	Studio A
10:05 - 10:35am	CXWorx™		Petra	GYM
10:45 - 11:40am	Hatha Yoga		Dominique	Studio B
11:00 - 11:45am	Spin@		Sharri	Spin Studio
11:00 - 11:50am	Pilates Mat		Sophia	Studio A

Saturday AM

7:30-9:00am	Spin@ (Endurance)		Bob	Spin Studio
8:00 - 9:00am	BodyPump™		Tyrice	GYM
9:10 - 9:40am	GRIT Cardio™		Chelsea	GYM
9:15 - 10:15am	Spin@		Bob	Spin Studio
9:50 - 10:50am	Tai Chi		Phil	Studio A
10:30 - 11:30am	Spin@		Cathy	Spin Studio
10:30 - 11:55am	Hatha Yoga		Dominique	Studio B
11:00 - 12:00pm	Cardio Kickboxing Intervals		Tyrice	Studio A
12:00 - 12:55pm	Gentle Yoga		Dominique	Studio B

Sunday AM

8:30 - 9:25am	Trampoline Fitness		Jennifer	Studio A
9:00 - 10:00am	Spin@		Valerie	Spin Studio
9:00 - 9:55am	BodyCombat™		Petra	Studio B
9:30 - 10:30am	Total Body Conditioning		Avion	Studio A
10:00 - 10:55am	Pilates Mat		Sophia	Studio B
10:30 - 11:30am	Step & Sculpt		Avion	Studio A
11:00 - 11:55am	Pre & Post-Natal Yoga		Dominique	Studio B
11:30 - 12:45pm	Hip-Hop		Ray	Studio A
12:00 - 12:55pm	Hatha Yoga		Dominique	Studio B

Monday PM

12:30 - 1:30pm	Vinyasa Yoga		Naomi	Studio B
1:15 - 2:15pm	AOA Cardio Conditioning		Avion	Studio A
2:30 - 3:30pm	AOA Strength Training		Avion	Studio A
4:30 - 6:00pm	Led Ashtanga Yoga		Naomi	Studio B
5:00 - 5:55pm	Beginner Pilates		Natarsha	Studio A
6:00 - 7:00pm	Total Body Conditioning		Alma	GYM
6:00 - 7:00pm	ZUMBA		Natarsha	Studio A
6:30 - 8:00pm	Power Yoga		Emily R.	Studio B
7:00 - 7:30pm	Core Connection		Alma	Studio C
7:00 - 8:00pm	BodyPump™		Tyrice	GYM
7:00 - 8:00pm	Spin@		Emily H.	Spin Studio
7:00 - 8:00pm	ZUMBA		Sophia	Studio A
7:00 - 8:00pm	Aqua Aerobics		Julia	Pool
8:05-9:05pm	Pilates Mat		Sophia	Studio A

Tuesday PM

12:30 - 1:15 pm	Retro Dance Party		James	Studio A
12:45 - 1:45pm	Stretch		Jane	Studio B
1:30 - 2:30pm	Chair Yoga		Dominique	Studio A
3:00 - 3:55pm	Salsa		James	Studio A
5:00 - 5:55pm	F.I.T.T. Teens		Victoria	Studio A
5:30 - 6:30pm	Spin@		Alma	Spin Studio
5:45 - 6:45pm	M.E.L.T.®		Jane	Studio B
6:00 - 6:30pm	GRIT Mix™		Chelsea	Studio A
6:00 - 7:00 pm	Pre & Post-Natal Yoga		Anna	Conf Rm
6:45 - 7:30pm	Trampoline Fitness		Alma	Studio A
7:00 - 8:30pm	Hatha Yoga		Mare	Studio B
7:40 - 8:40pm	Total Body Conditioning		Alma	Studio A

Wednesday PM

12:30 - 12:55pm	Stretching		Mare	Studio B
1:00 - 1:55pm	M.E.L.T.®		Jane	Studio B
2:00 - 3:00pm	M.E.L.T. Strength ® - Advanced		Jane	Studio B
2:00 - 2:55pm	AOA Strength Training		James	Studio A
3:00 - 3:55pm	Jazz		James	Studio A
4:00 - 5:00pm	Total Body Conditioning		Avion	Studio A
4:15 - 5:00pm	CATCH for Kids (New Time)		Victoria	Studio B
5:05 - 5:50pm	Groove for Kids (NEW Time/Day)		Victoria	Studio B
5:55 - 6:50pm	Hip Hop (New Time)		Victoria	Studio B
5:30 - 6:25pm	Kettlebells		Alma	Studio A
6:30 - 7:25pm	Zumba		Natarsha	Studio A
6:30 - 7:30pm	BodyPump™		Tyrice	GYM
6:45 - 7:30pm	Spin@		Alma	Spin Studio
7:00 - 8:00pm	Aqua Aerobics		Sharri	Pool
7:00 - 8:30pm	Power Yoga		Emily R.	Studio B
7:40 - 8:40pm	ZUMBA		Alma	Studio A

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ALL CLASSES INCLUDED WITH MEMEBERSHIP!

Thursday PM

12:45 - 1:45pm	Stretch		Jane	Studio B
1:00 - 1:55pm	AOA Strength Training		James	Studio A
2:00 - 3:00pm	AOA Cardio Conditioning		James	Studio A
5:00 - 5:55pm	Barre		Natarsha	Studio A
5:00 - 5:55pm	Vinyasa Yoga		Dominique	Studio B
6:00 - 6:30pm	GRIT Mix™		Chelsea	Studio A
6:45 - 7:45pm	Pilates Mat		Sophia	Studio A
7:00 - 7:50pm	Spin@		Emily H.	Spin Studio
6:15 - 7:10pm	M.E.L.T. Strength ® - Advanced		Jane	Studio B
7:15 - 8:15pm	M.E.L.T.®		Jane	Studio B

Friday PM

12:00 - 1:00pm	BodyPump™		Sophia	Studio A
12:00 - 1:00pm	Aqua Aerobics		Simone	Pool
12:45 - 1:10pm	Meditation		Dominique	Studio B
1:15 - 2:15pm	ZUMBA		Sophia	Studio A
1:15 - 2:15pm	Vinyasa Yoga		Dominique	Studio B
4:00 - 5:30pm	Vinyasa Yoga		Naomi	Studio B
5:00 - 5:55pm	F.I.T.T. Teens		Victoria	Studio A
6:00 - 7:00pm	Tai Chi		Rebecca	Studio B
6:00 - 6:45pm	BodyPump Express™		Tyrice	GYM
7:00 - 8:00pm	ZUMBA		Sophia	Studio A
8:05 - 9:05pm	Pop Dance Party		Victoria	Studio A

Saturday PM

12:30 - 1:25pm	ZUMBA		Alma	Studio A
1:00 - 2:00pm	Vinyasa Yoga		Dominique	Studio B
1:30 - 3:00pm	Hip-Hop		Ray	Studio A
3:00 - 4:30pm	Led Ashtanga Yoga		Naomi	Studio B
4:15 - 5:30pm	Ballet		James	Studio A

Sunday PM

12:45 - 1:30pm	Advanced Kettlebells		Alma	Studio A
1:00 - 2:30pm	Hatha Yoga		Dominique	Studio B
1:35 - 2:35pm	ZUMBA		Alma	Studio A
2:40 - 3:40pm	ZUMBA		Sophia	Studio A
3:45 - 4:45pm	Pilates Mat		Sophia	Studio A

KEY



Active Older Adult Class



Family, Youth, Teen or Pre-Natal Class



Aqua Water Class

High Intensity Class

Please sign in for: Jazz, GRIT, Body Pump, Spin®, CXWorx, Body Combat & Advanced Kettlebell

*Available 1 hour before class begins at the front desk