



McBurney Modified Group Fitness Schedule

Saturday Aug 24 – Monday Sept 2

SATURDAY, AUGUST 24

10:30 AM	11:30 AM	Interval Training	Josue	Studio 1	Open
12:30 PM	2:00 PM	Hatha Yoga	Karen B	Studio 2	Open
2:15 PM	3:45 PM	Ballet – Intermediate	Isabel A	Studio 1	Open

SUNDAY, AUGUST 25

10:00 AM	10:45 AM	Cycling	Sharon C	Spin Studio	Open
11:30 AM	1:00 PM	Iyengar Yoga	Brina G	Studio 1	Open
2:30 PM	4:00 PM	Ballet – Advanced Beginner	Yurie Y	Studio 2	Open

MONDAY, AUGUST 26

9:00 AM	9:55 AM	Total Body Conditioning	Janine W	Studio 1	Open
10:05 AM	11:30 AM	Iyengar Yoga	Richard J	Studio 1	Open
10:30 AM	11:20 AM	AOA Strength Training	Huma M	Studio 2	Open

TUESDAY, AUGUST 27

10:00 AM	10:55 AM	Stretch and Release	Karen B	Studio 2	Open
10:15 AM	11:00 AM	Core Training	Matthew L	Studio 1	Open
6:00 PM	6:45 PM	Cycling	Huma M	Spin Studio	Open

WEDNESDAY, AUGUST 28

9:30 AM	10:30 AM	Total Body Conditioning	Matthew L	Studio 1	Open
9:50 AM	10:35 AM	AOA Sitting Fit	Roseann B	Studio 2	Open
6:00 PM	7:00 PM	Pilates Mat	Huma M	Studio 1	Open

THURSDAY, AUGUST 29

10:30 AM	11:30 AM	Pilates Mat	Huma M	Studio 2	Open
6:05 PM	7:00 PM	Circuit Training	Yanique N	Gym B	Open

FRIDAY, AUGUST 30

9:30 AM	10:30 AM	Arthritis: PACE	Roseann B	Studio 2	Open
10:30 AM	11:45 AM	Hatha Yoga	Brina G	Studio 2	Open

SATURDAY, AUGUST 31

10:30 AM	11:30 AM	Interval Training	Josue	Studio 1	Open
12:30 PM	2:00 PM	Hatha Yoga	Karen B	Studio 2	Open

SUNDAY, SEPTEMBER 1

10:00 AM	10:45 AM	Cycling	Sharon C	Spin Studio	Open
11:30 AM	1:00 PM	Iyengar Yoga	Brina G	Studio 1	Open
2:30 PM	4:00 PM	Ballet – Advanced Beginner	Yurie Y	Studio 2	Open

MONDAY, SEPTEMBER 2 – LABOR DAY

WE ARE OPEN 7 AM – 8 PM

9:00 AM	9:55 AM	Total Body Conditioning	Janine W	Studio 1	Open
10:05 AM	11:30 AM	Iyengar Yoga	Marcia M	Studio 1	Open

NOTE: No Aqua Exercise classes will be offered Saturday August 24, through Monday September 2.

Classes are subject to change without notice. We appreciate early-birds!
 Classes are closed to participants 10 minutes after scheduled start-time.