

Group Fitness Schedule

St. Luke's West End Fitness & Sports Performance

Week of May 19th

Sunday 5/19	Monday 5/20	Tuesday 5/21	Wednesday 5/22	Thursday 5/23	Friday 5/24	Saturday 5/25
	6:00 am Cycle—Hali	5:45 am Body Sculpt—Sue	6:00 am Cycle—Hali	5:45 am Body Sculpt—Sue	5:45 am Cycle—Sue	
		6:00 am Metabolic—Jeff		6:00 am Metabolic—John		8:00 am Metabolic—John
8:15 am Cycle—Alex			8:00 am Cycle—Alex	8:30 am Step Aerobics SueAnn	8:00 am Zumba—Sally	8:15 am Cycle—Geri*
9:30 am Kickboxing— Sue	9:00 am Pilates—Hali	9:15 am Yoga—SueAnn*	9:00 am Yoga —Nicole	9:15 am Metabolic—Liz	9:00 am Cycle—Hali	9:30 am Body Barre- Angela
	10:00 am Body Sculpt—Hali	9:15 am Metabolic—Hali	10:00 am Body Barre—Angela	9:45 am Power Yoga—Hali	10:00 am Body Barre—Angela	
		10:30 am Beginner/Senior Cycle— Gina		11:00 am Cardio Sculpt Joanie		
	4:30 pm Shape Up/Mix Up Joanie	4:30 pm Yoga—Tami	4:30 pm Power Yoga—Hali	4:30 pm Step Interval SueAnn	4:45 pm Boot Camp—JB	
	5:30 pm Zumba Krista & Manuel	5:30 pm Cycle—Gina*	5:30 pm Zumba Krista & Manuel	5:30 pm Strong by Zumba Krista & Manuel	5:30 pm Body Sculpt/ LeBarre—Kristy	
	6:00 pm Metabolic - Jeff	6:00 pm Metabolic—Brian Z.	6:00 pm Metabolic—John	6:00 pm Metabolic—JB		Metabolic Classes are included in Elite & Sports Performance Memberships ONLY
	6:30 pm Cycle - Morgan	6:30 pm Body Sculpt— Kristy*	6:30 pm Cycle—TBD	6:30 pm Yoga—Lindsay		

Group Fitness Schedule

St. Luke's West End Fitness & Sports Performance

Week of May 26th

Sunday 5/26	Monday 5/27	Tuesday 5/28	Wednesday 5/29	Thursday 5/30	Friday 5/31	Saturday 6/1
	Memorial Day	5:45 am Body Sculpt—Sue	6:00 am Cycle—Hali	5:45 am Body Sculpt—Sue	5:45 am Cycle—Sue	
	Gym Open 7am-1pm	6:00 am Metabolic—Jeff		6:00 am Metabolic—John		8:00 am Metabolic—John
8:15 am Cycle—Alex	8:00am Metabolic- John		8:00 am Cycle—Alex	8:30 am Step Aerobics SueAnn	8:00 am Zumba—Sally	8:15 am Cycle—Morgan
9:30 am Cardio Sculpt-Joanie	8:15am Cycle— Alex	9:15 am Yoga—Ann	9:00 am Yoga Plus-Ann	9:15 am Metabolic—Liz	9:00 am Cycle—Hali	9:30 am Body Sculpt-Kristy
	9:30am Zumba— Sally	9:15 am Metabolic—Hali	10:00 am Body Barre—Angela	9:45 am Power Yoga—Hali	10:00 am Body Barre—Angela	
		10:30 am Beginner/Senior Cycle— Gina		11:00 am Cardio Sculpt Joanie		
		4:30 pm Yoga—Tami	4:30 pm Power Yoga—Hali	4:30 pm Step Interval SueAnn	4:45 pm Boot Camp—JB	
		5:30 pm Cycle—Priscilla	5:30 pm Zumba Krista & Manuel	5:30 pm Strong by Zumba Krista & Manuel	5:30 pm Body Sculpt—Kristy	
		6:00 pm Metabolic—Brian Z.	6:00 pm Metabolic—John	6:00 pm Metabolic—JB		Metabolic Classes are included in Elite & Sports Performance Memberships ONLY
		6:30 pm Kickboxing—Lorenza	6:30 pm Cycle—Lorenza	6:30 pm Yoga—Lindsay		