

Group Fitness Schedule

St. Luke's West End Fitness & Sports Performance

Week of November 14, 2021

| Sun. 11/14 | Mon 11/15 | Tuesday 11/15 | Wed 11/16 | Thursday 11/17 | Friday 11/18 | Saturday 11/19 |
|------------------------------|---|---------------------------------|--|--|--|----------------------------------|
| | 6:00 am Cycle Hali | 5:30 am Body Sculpt Sue | 6:00 am Cycle Hali | 5:30 am Body Sculpt Sue | 5:45 am Cycle Sue | 8:00 am Metabolic John G |
| 8:15 am Cycle Alex | 9:00 am Pilates Hali | 6:30 am Metabolic John G | 8:00 am Cycle Lorenza | 6:30 am IP & V Metabolic John G | 8:15 am Cycle Hali | 8:15 am Cycle Geri |
| 9:30 am Kickboxing Sue | | 9:00 am Metabolic Hali | 9:15 am Body Sculpt Hali | 9:00 am Metabolic Erin | 9:30 am Body Barre Angela | 9:30 am Body Sculpt Kristy |
| | | 9:15 am Yoga Ann | 4:45 PM Yoga Hali | 9:15 am Yoga Hali | 11:00 am Neuro Boxing # Erin | |
| | 4:30 pm HIIT Lorenza | 4:45 pm Cycle Lorenza | 5:45 pm Zumba Krista | 4:45 pm Body Sculpt Kristy | 4:30pm Metabolic Brian Z | |
| | 5:30 pm Zumba Krista | 6:00 pm Metabolic Patrick | 6:00 pm IP & V Metabolic John G | 5:45 pm Cycle Priscilla | Metabolic classes are included in Elite Fitness Membership ***** # Neuro Boxing requires signup & prescreening | |
| | 6:00 pm Metabolic John G | | | | | |

Group Fitness Schedule

St. Luke's West End Fitness & Sports Performance

Week of November 21, 2021

| Sunday 11/21 | Mon 11/22 | Tuesday 11/23 | Wed 11/24 | Thurs 11/25 | Friday 11/26 | Saturday 11/27 |
|------------------------------------|---|---------------------------------|--|--|---|-------------------------------------|
| | 6:00 am Cycle Hali | 5:30 am Body Sculpt Sue | 6:00 am Cycle Hali | Happy Thanksgiving! Gym open 7 am– 1 pm | 5:45 am Cycle Sue | 8:00 am Metabolic John G |
| 8:15 am Cycle Alex | 9:00 am Pilates Hali | 6:30 am Metabolic John G | 8:00 am Cycle Lorenza | 8:00 am Metabolic John G | 8:15 am Cycle Hali | 8:15 am Cycle Geri |
| 9:30 am Cardio Sculpt Joanie | | 9:00 am Metabolic Hali | 9:15 am Body Sculpt Hali | 8:00 am Cycle Alex | 9:30 am Body Barre Angela | 9:30 am Step + Strength Geri* |
| | | 9:15 am Yoga Ann | 4:45 PM Yoga Hali | 9:30 am Body Sculpt Kristy | 11:00 am Neuro Boxing # Erin | |
| | 4:30 pm HIIT Lorenza | 4:45 pm Cycle Lorenza | 5:45 pm Zumba Cancelled | | 4:30pm Metabolic Brian Z | |
| | 5:30 pm Zumba Krista | 6:00 pm Metabolic Patrick | 6:00 pm IP & V Metabolic John G | | Metabolic classes are included in Elite Fitness Membership ***** # Neuro Boxing requires signup & prescreening | |
| | 6:00 pm Metabolic John G | | | | | |