Winooski Group Fitness Schedule

October 2015

Effective Monday October 5th.

Monday

6:10-6:40am	**M,V**	**GROUP CORE®**	**S**	**Kristin**
12:05-12:55pm	M,V	Tabata Boot Camp	S	Wendy
5:30-6:25pm	E	Zumba®	S	Emily
6:30-7:25pm	E	Spin®	S	Noelle

Tuesday

9:30-10:15am	SR	Senior Strength	S	Katticus
11:00-11:50am	SR	Tai Chi	S	Bea
12:10-12:50pm	**E**	**Spin®**	**S**	**Wendy**
5:30-6:30pm	E	GROUP POWER®	S	Paige

Wednesday

6:00-7:00am	**E**	**GROUP POWER®**	**S**	**Zynnia**
7:15-8:15am	E	Power Yoga	S	James
8:30-9:15am	E	Fit 4 All	S	Nate
12:00-1:00pm	E	The C.U.T.	S	Dianne
4:15-5:15pm	E	Flow Yoga	S	Bridget
5:30-6:25pm	E	Zumba®	S	Jaimielee
6:35-7:05pm	**E**	**GROUP CORE®**	**S**	**Mike**

Thursday

12:00-1:00pm	E	Kripalu Yoga	S	Susan
5:30-6:30pm	E	GROUP POWER®	S	Paige

Friday

6:10-6:40am	**E**	**GROUP CORE®**	**S**	**Kristin**
8:30-9:15am	E	Fit 4 All	S	Katticus
9:30-10:15am	SR	Senior Strength	S	Susan
12:05-12:55pm	E	GROUP POWER®	S	Wendy
5:30-6:30pm	E	Zumba®	S	Angel

Saturday

7:45-8:55am	E	Kripalu Yoga	S	Susan
9:05-10:05am	E	GROUP POWER®	S	Wendy

Class Key

E= Everyone, SR= Seniors, M= Moderate, V= Vigorous

FC= Fitness Center, S=Studio

Group Fitness Announcements

MOSSA

Group Core Launch

Pomerleau Family Y

Saturday October 3rd, 9am

Bring a friend!

New Classes

Starting Ocotber 5th

Monday 6:10am Group Core with Kristin

Tuesday 12:10pm Spin with Wendy

Wednesday 6:35pm Group Core with Mike

Friday 6:10am Group Core with Kristin

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