

GROUP FITNESS CLASSES

You'll never be bored at Island Fitness! We offer over 50 Group Fitness Classes each week, and more are added all the time. Keep your routine fresh and try something new. We offer classes for all ages and ability levels.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
EARLY MORNING	5:30 - 6:30 am Studio Cycle ★ Chris Studio 2-North		5:30 - 6:30 am Endurance Ride ★ Jackie Studio 2-North	5:30 - 6:30 am Yoga I/II ♥ Julia Studio 1-Center	5:30 - 6:30 am Studio Cycle ★ Jackie Studio 2-North		
	6:30 - 7:45 am Yoga I/II ♥ Stacy Studio 1-Center				8:00 - 8:30am Cycle Intro ♥ (by appt) Steve Studio 2-North		
MORNING	8:00 - 9:00 am Total Body Cond. ★ Loretta Studio 1-Center	8:00 - 9:00 am Group Power □ Ann Studio 1-Center	8:00 - 9:00 am Pilates I ♥ Diane Studio 1-Center	8:00 - 9:00 am Group Power □ Ann Studio 1-Center	8:00 - 9:00 am Cardio Mix □ ★ Tamera Studio 1-Center	8:15 - 9:15 am Yoga I/II ♥ Julia Studio 1-Center	8:00 - 8:30 am GP Intro ♥ (by appt) Glenn Studio 1-Center
		8:30 - 9:30 am Studio Cycle □ ★ Loretta Studio 2-North		8:30 - 9:30am Studio Cycle □ ★ Loretta Studio 2-North	8:30 - 9:30am Cycle & Core □ ★ Rena Studio 2-North	8:30 - 9:30 am Studio Cycle □ ★ Katie Studio 2-North	8:30 - 9:30 am Group Power □ Glenn Studio 1-Center
	9:15 - 10:15 am Cardio Mix □ ★ Tamera Studio 1-Center	9:15 - 10:15 am Zumba □ ★ Teri Studio 1-Center	9:15 - 10:15 am Cardio Mix □ ★ Rena Studio 1-Center	9:15 - 10:15 am Yoga I ♥ Kim Studio 1-Center	9:15 - 10:10 am Ball & Core □ Tamera Studio 1-Center	9:30 - 10:30 am Zumba □ ★ Teri Studio 1-Center	9:45 - 10:45 am Yoga I ♥ Beth Studio 1-Center
	10:30 - 11:30 am Ball & Core □ e Dorothea Studio 1-Center						
LATE MORNING	10:15 - 11:00 am Lifetime Cardio II □ e Tamera Studio 1-Center	11:00 am - 12:00 pm Orientation (by appt) Staff Club Floor	10:30 - 11:30 am Lifetime Cardio □ e Tamera Studio 1-Center	10:30 - 11:30 am Lifetime Yoga □ e Judith Studio 1-Center	10:15 - 11:00 am Lifetime Cardio II □ e Dorothea Studio 1-Center	10:00 - 11:00 am Orientation (by appt) Staff Club Floor	
	11:00 - 11:45 am HoopFit □ e Dani Studio 1-Center		12:00 - 1:00 pm Studio Cycle □ ★ Δ Sandy Studio 2-North		11:00 - 11:45 am Tai Chi Workout □ e Dorothea Studio 1-Center	10:45 - 11:45 am Group Power □ Steven Studio 1-Center	
MIDDAY	12:00 - 1:00 pm Group Power □ Diane Studio 1-Center	12:00 - 1:00 pm Pilates I ♥ Diane Studio 1-Center	12:00 - 1:15 pm Yoga II Stacy Studio 1-Center	12:00 - 1:00 pm Qigong ♥ Dorothea Studio 1-Center	12:00 - 1:15 pm Yoga II Stacy Studio 1-Center		
AFTERNOON	1:15 - 2:15 pm Lifetime Yoga □ e Judith Studio 1-Center	4:30 - 5:30 pm Yoga I ♥ Δ Paul Studio 1-Center	1:30 - 2:30 pm Total Body Cond. ★ Sandy Studio 1-Center				
	4:30 - 5:30 pm Studio Cycle □ ★ Katie Studio 2-North	5:00 - 6:00 pm Orientation (by appt) Staff Club Floor	4:30 - 5:30 pm Studio Cycle □ ★ Δ Katie Studio 2-North	5:00 - 6:00 pm Orientation (by appt) Staff Club Floor	5:15 - 5:45 pm GP Intro ♥ (by appt) Steven Studio 1-Center		
	5:30 - 6:30 pm Yoga II George Studio 1-Center	5:45 - 6:45 pm Group Power □ Steven Studio 1-Center		5:30 - 6:30 pm Zumba □ ★ Jillian Studio 1-Center	5:45 - 6:45 pm Group Power □ Steven Studio 1-Center		
EVENING	6:45 - 7:45 pm Group Power □ Steven Studio 1-Center		6:45 - 7:45 pm Group Power □ Glenn Studio 1-Center	6:45 - 7:45 pm Cardio Kickbox ★ Steven Studio 1-Center			

SUPERGROUP WORKSHOPS

Progress your workouts to the next level. Get the benefits of semi-private training in a supportive, social environment. Please consult the Island Fitness website or display boards for further information about these workshops and their fees.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT / SUN
MORNING	7:30 - 9:00 am Heart Rate Training Kathi Studio 2-North	5:00 - 6:30 am Heart Rate Training Kathi Studio 2-North			8:00 - 8:55 am TRX Conditioning Loretta Studio 2-South	
	8:00 - 9:00 am Grp Pilates Reformer Diane Studio 2-South	8:00 - 9:00 am Grp Pilates Reformer Diane Studio 2-South	8:00 - 8:55 am Pilates Mat II Loretta Studio 2-North	10:00 - 10:55 am TRX Conditioning Loretta Studio 2-North		Sat 9:45 - 11:45am Kung Fu Jon Studio 2-North
AFTERNOON	10:00 - 10:55 am Fit Women Lisa Studio 2-North	10:00 - 10:55 am TRX Conditioning Loretta Studio 2-North	10:00 - 10:55 am Fit Women Lisa Studio 2-North		10:00 - 10:55 am Fit Women Lisa Studio 2-North	
		12:00 - 12:55 pm TRX Conditioning Rena Studio 2-North		12:00 - 12:55 pm TRX Conditioning Rena Studio 2-North		
		3:15 - 4:15 pm Baseball Training Gavin Studio 1-Center	4:15 - 5:15 pm Baseball Training Gavin Studio 1-Center	1:00 - 2:00 pm Super Chicks Diane Studio 1-Center	3:15 - 4:15 pm Baseball Training Gavin Studio 1-Center	
EVENING	4:15 - 5:15 pm Train to Lose Darcy/Jenny Studio 1-Center	4:30 - 5:25 pm TRX Conditioning Rena Studio 2-North		4:30 - 5:25 pm TRX Conditioning Rena Studio 2-North	3:30 - 5:00 pm Multi-Fit Loretta Studio 2-North	
		5:30 - 6:45 pm Tae Kwon Do Jose Studio 2-South		4:45 - 5:45 pm Tae Kwon Do Jose Studio 2-South		
	7:00 - 8:00 pm Kung Fu John Studio 1-Center	7:45 - 9:15 pm Small Group Yoga Michael Studio 2-South		5:30 - 6:25 pm Kettlebell Training Rena Studio 2-North		

This Group Fitness Menu can be viewed on and downloaded from www.island-fitness.com.
Questions? Please contact groupfitness@island-fitness.com.

LEGEND

- Childcare
- Club Floor
- Studio 1-Atrium
- Studio 1-Center
- Studio 2-South
- Studio 2-North
- Outdoors
- ♥ Suited for entry-level participants
- ★ Recommended for Heart Rate Training
- Ticket required
- Δ Seasonal
- e Eligible for Group Health's EnhanceFitness

