

GROUP FITNESS

NEW SCHEDULE BEGINS SEPTEMBER 14TH

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
5:30-6:30am Studio Cycle ★ □ Chris CYCLE STUDIO		5:30-6:30am Studio Cycle ★ □ Jackie CYCLE STUDIO	5:30-6:30am Morning Flow ♥ Julia MAIN STUDIO	5:30-6:30am Studio Cycle ★ □ Chris CYCLE STUDIO		
6:45-7:45am Yoga ♥ Stacy MAIN STUDIO				6:45-7:45am Group Power □ Linda MAIN STUDIO		
8:00-9:00am Total Body Conditioning ★ Loretta MAIN STUDIO	8:00-9:00am Group Power □ Ann MAIN STUDIO	8:00-9:00am Pilates I ♥ Diane MAIN STUDIO	8:00-9:00am Group Power □ Ann MAIN STUDIO	8:00-9:00am Cardio Mix ★ Tamera MAIN STUDIO	8:15-9:15am Yoga ♥ Sofia MAIN STUDIO	8:00-8:30am GP Intro (by appt) Glenn MAIN STUDIO
	8:30-9:30am Studio Cycle ★ □ Loretta CYCLE STUDIO		8:30-9:30am Studio Cycle ★ □ Loretta CYCLE STUDIO	8:30-9:30am Cycle & Core ★ Rena CYCLE STUDIO	8:30-9:30am Studio Cycle ★ □ Katie CYCLE STUDIO	8:30-9:30am Group Power □ Glenn MAIN STUDIO
9:15-10:15am Cardio Mix ★ Tamera MAIN STUDIO	9:15-10:15am Zumba ★ □ Teri MAIN STUDIO	9:15-10:15am Cardio Mix ★ Rena MAIN STUDIO	9:15-10:15am Yoga Form ♥ Sofia MAIN STUDIO	9:15-10:15am Ball & Core ★ Tamera MAIN STUDIO	9:30-10:30am Zumba ★ □ Teri MAIN STUDIO	
		9:15-10:15am Studio Cycle ★ □ Katie CYCLE STUDIO				9:45-10:45am Fundamentals of Yoga ♥ Beth MAIN STUDIO
10:15-11:00am Lifetime Cardio □ Tamera MAIN STUDIO	10:30-11:30am Lifetime Yoga □ Judith MAIN STUDIO	10:30-11:30am Lifetime Cardio □ Tamera MAIN STUDIO	10:30-11:30am Lifetime Yoga □ Judith MAIN STUDIO	10:15-11:00am Lifetime Zumba □ Staff MAIN STUDIO	10:00-11:00am Orientation (by appt) Staff CLUB FLOOR	
11:00-11:45am Lifetime Ball □ Tamera MAIN STUDIO	11:00am-12:00pm Orientation (by appt) Staff CLUB FLOOR		11:00am-12:00pm Orientation (by appt) Staff CLUB FLOOR	11:00-11:45am Lifetime Strength □ Alexa MAIN STUDIO	10:45-11:45am Group Power □ Steven MAIN STUDIO	
12:00-1:00pm Group Power □ Diane MAIN STUDIO	12:00-1:15pm Yoga II Kayla MAIN STUDIO	12:00-1:00pm Group Power □ Jillian MAIN STUDIO		12:00-1:15pm Anusara Yoga Stacy MAIN STUDIO		
4:30-5:30pm Studio Cycle ★ □ Katie CYCLE STUDIO	5:00-6:00pm Orientation (by appt) Staff CLUB FLOOR	5:00-6:00pm Kids Orientation (by appt) Staff CLUB FLOOR	4:15-5:15pm Yoga ♥ Julia MAIN STUDIO			
	5:15-5:45pm GP Intro ♥ (by appt) Steven MAIN STUDIO					
5:30-6:30pm Hatha Flow ♥ Sofia MAIN STUDIO	5:45-6:45pm Group Power □ Steven MAIN STUDIO	5:30-6:30pm Yoga Michael MAIN STUDIO	5:30-6:30pm Pilates I ♥ Diane MAIN STUDIO	5:45-6:45pm Group Power □ Steven MAIN STUDIO		
6:45-7:45pm Group Power □ Steven MAIN STUDIO	7:00-8:00pm Restorative Vinyasa ♥ Catlin MAIN STUDIO	6:45-7:45pm Group Power □ Glenn MAIN STUDIO	6:45-7:45pm Cardio Kickbox ★ Steven MAIN STUDIO			

LEGEND

- ♥ Suited for entry-level participants
- ★ Recommended for Heart Rate Training
- Ticket required

SUPERGROUPS

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00-8:00am Pre-Season Cond. Megan CYCLE STUDIO		7:00-8:00am Pre-Season Cond. Megan CYCLE STUDIO	6:45-7:45am Intro to Yoga Julia MAIN STUDIO			
8:00-9:00am Grp Pilates Reformer Diane TRAINING STUDIO	8:00-9:00am Grp Pilates Reformer Diane TRAINING STUDIO			8:30-9:30am TRX Training Loretta TRAINING STUDIO		
10:00-11:00am Fit Women Lisa CLUB FLOOR	10:00-11:00am TRX Training Loretta TRAINING STUDIO	10:00-11:00am Fit Women Lisa CLUB FLOOR	10:00-11:00am TRX Training Loretta TRAINING STUDIO	10:00-11:00am Fit Women Lisa CLUB FLOOR		
	12:00-12:55pm TRX-treme Rena TRAINING STUDIO	4:30-5:30pm Grp Pilates Reformer Diane TRAINING STUDIO	12:00-12:55pm TRX-treme Rena TRAINING STUDIO			
6:00-7:00pm Pre-Season Cond. Megan CYCLE STUDIO		6:00-7:00pm Pre-Season Cond. Megan CYCLE STUDIO				
		7:45-9:15pm Small Group Yoga Michael TRAINING STUDIO				
8:00-9:15pm Savoy Swing II Sheila MAIN STUDIO		8:00-9:00pm Salsa I Sheila MAIN STUDIO				

Non-member drop-in fee is \$15 for each Group Fitness class. Drop in is available for many Supergroup Workshops as well; contact instructors for specific fees and restrictions.

Classes, times and instructors are subject to change. Please visit us on the web at www.island-fitness.com for the latest information.



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