

Members 12 and up are welcome to attend Group Fitness classes while accompanied by a responsible adult. Please be aware instructors may modify exercises as appropriate for the safety of all of our members.



Free with Membership
(315)752-9622

Group Fitness Schedule
March 3rd- April 28th

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00-6:45 AM Interval Circuit Training Tami	6:00-7:00 AM Spinning® Betsy	6:00-6:45 AM Interval Circuit Training Tami	6:00-7:00 AM Spinning® Betsy	6:00-6:45 AM Interval Circuit Training Tami	7:30-8:30 AM Spinning® Betsy	9:00-10:00 AM Rotating Classes
8:00-9:00 AM Strong Heart Rebecca	6:00-6:45 AM Kickboxing Tami	8:30-9:15 AM Barre-Fit Gold Naiela		8:30-9:30 AM Restorative Yoga Nidra Marianne (3/29 & 4/19)	8:30-9:30 AM Total Body Strength & Cardio Andrea	March 3rd Gong Meditation and Bath Cathleen
9:30-10:30 AM Circuit Revolution Melissa	8:30-9:30 AM Strength & Balance Andrea	9:15-10:15 AM Barre-Fit Naiela	8:30-9:30 AM Strength & Balance Michele	9:30-10:00 AM Spinning® Xpress Michele	9:30-10:30AM Dance Fitness Tami	March 10th Kickboxing Tami
10:30-11:30 AM Yoga Joan	9:30-10:30 AM Pump it Up Strength & Cardio Andrea	9:30 - 10:30 AM Chair Yoga Marianne KID FIT ROOM	9:30-10:30 AM Keep it Low Strength & Cardio Melissa	10:00-10:30am Core & More Michele		March 17th Zumba Lena
	9:30-10:30 AM NIA Dance Beth GROUP FIT TOO	10:45 - 11:45 AM Yoga Marianne	10:30-11:15 AM Spinning® Michele	10:30-11:30AM BOSU for Stability/ Healthy Bones Michele		March 24th Pilates/Yoga Fusion Tami
	10:30-11:15AM Spinning® Michele					March 31st Barre-Fit Naiela
4:30-5:30PM Zumba Lena	4:30-5:30PM Zumba Lena		4:30-5:00PM Jillian Michael's BODYSHRED® Eileen			April 7th Circuit Bootcamp Tami
5:30-6:30 PM Barre-Fit Naiela	5:30-6:00 PM Core & More Eileen	5:00-6:00 PM Interval Circuit Training Sara	5:00-5:30PM Pilates Eileen			April 14th Barre-Fit Naiela
6:30-7:00 PM Box Bootcamp Express Naiela	6:00-7:00 PM Spinning® Eileen	6:00-7:00 PM Kickboxing Naiela	5:30-6:30PM Cardio Barre Naiela	<p>Key:</p> <p>Low Impact: Blue Zumba: Orange Spinning: Red Cardio: Purple Strength: Pink Mixed: Green</p>		April 21st Closed for Easter
	6:30-7:30 PM Yoga Joan		6:30-7:30 PM Yoga Joan			April 28th Kickboxing Naiela

