

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
 January 2nd-March 2nd

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
8:00-9:00AM Strong Heart Rebecca	6:00-6:45 AM Kickboxing Tami	8:30-9:15 AM Barre-Fit Gold Naiela	8:30-9:30 AM Strength & Balance Michele	9:15-9:30AM Core Xpress Michele	8:30-9:30 AM Strength 'n Power Andrea	January 6th Pilates with a Ball Tami
9:30-10:30 AM Circuit Revolution Melissa	8:30-9:30 AM Strength & Balance Andrea	9:15-10:15 AM Barre-Fit Naiela	9:30-10:30 AM Strength 'n Chisel Melissa	9:30-10:30 AM Cycle Strength Michele	9:30-10:30AM Dance Fitness Tami	January 13th Barre Fit Naiela
10:30-11:30 Spinning® Michele	9:30-10:30 AM Strength 'n Chisel Andrea	9:30 - 10:30 AM Chair Yoga Marianne CARPET ROOM			9:30-10:15AM Cycling Andrea (1/5, 1/12, 1/19, 1/26)	January 20th Yoga with a Ball Tami
		10:30-11:00 AM Spinning® Xpress Michele				January 27th Willpower & Grace Eileen
10:30-11:30 AM Yoga Joan		10:30 - 11:30 AM Yoga Marianne		10:30-11:30AM BOSU for Stability/ Healthy Bones Michele		February 3rd Circuit Training Tami
			4:30-5:00PM Jillian Michael's BODYSHRED® Tami			February 10th Bootcamp Eileen
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			February 17th Barre Fit Naiela
6:30-7:00 PM Cardio Burst 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</p> <p>Zumba: Orange</p> <p>Spinning: Red</p> <p>Cardio: Purple</p> <p>Strength: Pink</p> <p>Mixed: Green</p>		February 24th Strength 'n Chisel Melissa
	6:30-7:30 PM Yoga Joan		6:30-7:30 PM Yoga Joan			