













PTO Fitness Center Group Exercise Schedule

WEST STUDIO				Effective February 5, 2018	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
7 – 7:45am BARRE Paulette	7 – 7:45am BODYSHRED Paulette	7 – 7:45am  Cyndi	7 – 7:55am BOOT CAMP Adrian	7 – 7:55am FLOW YOGA Dawn	
		9 – 10:30am BRAZILIAN JIU-JITSU Raj			
11 – 11:55am DANCE PARTY Paulette	11 – 11:55am FLOW YOGA Patricia	11 – 11:55am  Ida	11 – 11:55am HATHA YOGA Matthew	11 – 11:55am  Crystal	
12 – 12:25pm ABS Mindy	12 – 12:25pm ABS Patricia	12 – 12:25pm ABS Grace	12 – 12:25pm ABS Paulette	12 – 12:25pm ABS Adrian	
12:30 – 1:25pm SPORTS YOGA Emily	12:30 – 1:30pm  Allison J.	12:30 – 1:15pm KICKBOX CIRCUIT Grace	12:30 – 1:30pm  Patricia	12:30 – 1:15pm BOOT CAMP Adrian	
1:30 – 2:15pm INSANITY Crystal		2 – 2:55pm STRETCH, BREATHE, RELAX Catha			
3:30 – 4:30pm SLOW FLOW YOGA Catha	4 – 4:55pm  Mindy		4 – 4:55pm  Allison R.	4:00 – 5:30pm BRAZILIAN JIU-JITSU Mando	
5 – 6pm  Grace	5 – 5:55pm CARDIO KICKBOXING Laura	5 – 6pm  Patricia	5 – 5:55pm CARDIO KICKBOXING Laura	Small Group Training Now available. Please see front desk for more information or contact Devon Grassi.	
6:05 – 6:35pm  Grace	6 – 6:30pm HIIT Laura	6:05 – 7:05pm TAI CHI Riley	6 – 6:30pm HIIT Laura		
EAST STUDIO		Changes are highlighted in RED			Effective February 5, 2018
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
		7 – 7:55am CYCLE EXPRESS & ABS El – Mehdi			
	11 – 11:30am Get Moving! TAI CHI Riley		11 – 11:30am Get Moving! TAI CHI Riley	11-11:30am Get Moving! FOAM ROLL Bill	
12:30 – 1:15pm STEP Mindy	12:30 – 1:15pm CYCLE EXPRESS Megan H.	12:30 – 1pm Get Moving! CHAIR EXERCISE Paulette	12:30 – 1:15pm CYCLE EXPRESS El-Mehdi	12:30 – 1pm Get Moving: BARRE BASICS Paulette	
4 – 4:55pm LATIN DANCE FUNDAMENTALS Migle	4 – 4:45pm CYCLE EXPRESS El-Mehdi		4 – 4:45pm CYCLE EXPRESS Heather D.	Get Moving! Foundation group training in 30 minute classes: TAI CHI BARRE FOAM ROLLING CHAIR EXERCISE	
5 – 5:55pm  Migle	5 – 5:55pm POWER YOGA Colleen	5 – 5:25pm STRETCH Evie	5 – 5:55pm FLOW YOGA Emily		
Visit our website for class descriptions. www.ptofitness.org Contact mgreen@pro-fitclubs.com		5:30 – 6:30pm  Evie			