











# PTO Fitness Center Group Exercise Schedule

WEST STUDIO				Effective January 2, 2019
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	7 – 7:45am <b>STRENGTH INTERVAL</b> Cyndi	7 – 7:45am  Cyndi		7 – 7:55am <b>FLOW YOGA</b> Cyndi
		9 – 10:30am <b>BRAZILIAN JIU-JITSU</b> Raj		
	11 – 11:55am <b>FLOW YOGA</b> Patricia		11 – 11:55am <b>FLOW YOGA</b> Ashley	11 – 11:55am  Crystal
12 – 12:25pm <b>ABS</b> Mindy	12 – 12:25pm <b>ABS</b> Patricia	12 – 12:25pm <b>ABS</b> Katie	12 – 12:25pm <b>ABS</b> Katie	12 – 12:25pm <b>ABS</b> Adrian
12:30 – 1:25pm <b>SPORTS YOGA</b> Ashley	12:30 – 1:30pm  Mary Jo	12:30 – 1pm <b>HIIT</b> Katie	12:30 – 1:30pm  Patricia	12:30 – 1:15pm <b>BOOT CAMP</b> Adrian
		2 – 3:15pm <b>STRETCH, BREATHE, RELAX</b> Catha		
3:30 – 4:45pm <b>SLOW FLOW YOGA</b> Catha	4 – 4:55pm  Meg / Evie / Ed		4 – 4:55pm  Allison R.	4:00 – 5:30pm <b>BRAZILIAN JIU-JITSU</b> Al
5 – 6pm  Jeff	5 – 5:55pm <b>CARDIO KICKBOXING</b> Laura	5 – 6pm  Patricia	5 – 5:55pm <b>CARDIO KICKBOXING</b> Laura	<b>Small Group Training</b> Now available. Please see front desk for more information or contact Devon Grassi.
	6 – 6:30pm <b>HIIT</b> Laura	6:05 – 7:05pm  <b>TAI CHI</b> Riley		
EAST STUDIO				Effective January 2, 2019
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>\$ CrossFit Group Training \$</b> (Fitness Floor) 9:15-10am <b>Adrian</b>	11 – 11:30am <b>Get Moving!</b> <b>TAI CHI</b> Riley	<b>\$ TRX Full Body Training \$</b> (TRX A-Frame) 7 – 7:50am <b>Mark</b>	11 – 11:30am <b>Get Moving!</b> <b>TAI CHI</b> Riley	11-11:30am <b>Get Moving!</b> <b>FOAM ROLL</b> Bill
12:30 – 1:15pm <b>STEP</b> Mindy	12:30 – 1:15pm <b>CYCLE EXPRESS</b> Megan H.	12:30-1pm <b>Get Moving!</b> <b>FOAM ROLL</b> Bill	12:30 – 1:15pm <b>CYCLE EXPRESS</b> Megan H.	<b>Small Group Training</b> \$ indicates fee for class Please see front desk for more information or contact Devon Grassi. dgrassi@pro-fitclubs.com
	<b>\$ Group Training \$</b> <b>Optimal Performance</b> 1:30 – 2:00pm <b>Adrian</b>		<b>\$ Group Training \$</b> <b>Agility/Metabolic Conditioning</b> 1:30 – 2:00pm <b>Devon</b>	
4 – 4:55pm <b>LATIN DANCE FUNDAMENTALS</b> Migle	4 – 4:45pm <b>CYCLE EXPRESS</b> Megan H.		4 – 4:45pm <b>CYCLE EXPRESS</b> Heather D.	<b>Get Moving!</b> Foundation group training in 30 minute classes:  <b>TAI CHI</b> <b>FOAM ROLLING</b>
5 – 5:55pm  Migle	5 – 5:55pm <b>POWER YOGA</b> Colleen	5 – 6pm freedom <b>Barre</b> Evie	5 – 5:55pm <b>FLOW YOGA</b> Ashley	
Visit our website for class descriptions. <a href="http://www.ptofitness.org">www.ptofitness.org</a> Contact mgreen@pro-fitclubs.com				