













# PTO Fitness Center Group Exercise Schedule

WEST STUDIO				Effective July 23, 2018
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7 – 7:45am <b>CORE &amp; MOBILITY</b> Devon	7 – 7:45am <b>STRENGTH INTERVAL</b> Cyndi	7 – 7:45am  Cyndi	7 – 7:45am <b>BOOT CAMP</b> Adrian	7 – 7:55am <b>FLOW YOGA</b> Sonya
		9 – 10:30am <b>BRAZILIAN JIU-JITSU</b> Raj		
	11 – 11:55am <b>FLOW YOGA</b> Patricia	11 – 11:55am  Ida	11 – 11:55am <b>HATHA YOGA</b> Matthew	11 – 11:55am  Crystal
12 – 12:25pm <b>ABS</b> Mindy	12 – 12:25pm <b>ABS</b> Patricia	12 – 12:25pm <b>ABS</b> Grace	12 – 12:25pm <b>ABS</b> Katie	12 – 12:25pm <b>ABS</b> Adrian
12:30 – 1:25pm <b>SPORTS YOGA</b> Emily	12:30 – 1:30pm  Allison J.	12:30 – 1:15pm <b>CARDIO KICKBOXING</b> Grace	12:30 – 1:30pm  Patricia	12:30 – 1:15pm <b>BOOT CAMP</b> Adrian
1:30 – 2:15pm <b>INSANITY</b> Crystal		2 – 2:55pm <b>STRETCH, BREATHE, RELAX</b> Catha		
3:30 – 4:30pm <b>SLOW FLOW YOGA</b> Catha	4 – 4:55pm  Mindy		4 – 4:55pm  Allison R.	4:00 – 5:30pm <b>BRAZILIAN JIU-JITSU</b> Mando
5 – 6pm  Grace	5 – 5:55pm <b>CARDIO KICKBOXING</b> Stephan	5 – 6pm  Patricia	5 – 5:55pm  Christle	<b>Small Group Training</b> Now available. Please see front desk for more information or contact Devon Grassi.
6:05 – 6:35pm  Grace	6 – 6:30pm <b>HIIT</b> Stephan	6:05 – 7:05pm <b>TAI CHI</b> Riley	6 – 6:30pm <b>HIIT</b> Christle	
EAST STUDIO				Effective JULY 23, 2018
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		7 – 7:55am <b>CYCLE EXPRESS &amp; ABS</b> El – Mehdi		
	11 – 11:30am <b>Get Moving! TAI CHI</b> Riley		11 – 11:30am <b>Get Moving! TAI CHI</b> Riley	11-11:30am <b>Get Moving! 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! FOAM ROLL</b> Bill	12:30 – 1:15pm <b>CYCLE EXPRESS</b> El-Mehdi	
4 – 4:55pm <b>LATIN DANCE FUNDAMENTALS</b> Migle	4 -4:45pm <b>CYCLE EXPRESS</b> El-Mehdi		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> Emily	
Visit our website for class descriptions. <a href="http://www.ptofitness.org">www.ptofitness.org</a> Contact mgreen@pro-fitclubs.com				