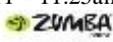


# PTO Fitness Center Group Exercise Schedule

WEST STUDIO				Effective November 1, 2017
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7 – 7:45am <b>BARRE</b> Paulette	7 – 7:45am BODYSHRED Paulette	7 – 7:45am  Cyndi	7 – 7:55am BOOT CAMP Adrian	7 – 7:55am <b>FLOW YOGA</b> Sonya
11 – 11:25am  Paulette		9 – 10:30am BRAZILIAN JIU-JITSU Raj		
11:30 – 11:55am  Paulette	11 – 11:55am <b>FLOW YOGA</b> Patricia	11 – 11:55am  Ida	11 – 11:55am HATHA YOGA 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> Paulette	12 – 12:25pm <b>ABS</b> 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.	Friday BJJ is temporarily postponed until after the New Year.
5 – 6pm  Grace	5 – 5:55pm CARDIO KICKBOXING Laura	5 – 6pm  Patricia	5 – 5:55pm CARDIO KICKBOXING Laura	
6:05 – 6:35pm  Grace	6 – 6:30pm HIIT Laura	6:05 – 7:05pm <b>TAI CHI</b> Riley	6 – 6:30pm HIIT Laura	
EAST STUDIO				Effective November 1, 2017
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: HRT Megan H.	12:30 – 1pm Get Moving: GX 101 Staff	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.	<b>Get Moving!</b> Foundation group training in 30 minute classes. <b>Tai Chi</b> <b>Barre</b> <b>Foam Rolling</b> <b>Group Ex 101</b> Contact Devon Grassi for more information.
5 – 5:55pm  Migle	5 – 5:55pm POWER YOGA Colleen	5 – 5:55pm  Michael	5 – 5:55pm FLOW YOGA Emily	
Visit our website for class descriptions. <a href="http://www.ptofitness.org">www.ptofitness.org</a> Contact mgreen@professionalfitnessmanagement.com		6:05- 6:35pm  Patricia		