





PTO Fitness Center Group Exercise Schedule

| WEST STUDIO | | | | Effective November 19, 2018 |
|--|--|--|---|--|
| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| | 7 – 7:45am STRENGTH INTERVAL Cyndi | 7 – 7:45am  Cyndi | | 7 – 7:55am FLOW YOGA Cyndi |
| | | 9 – 10:30am BRAZILIAN JIU-JITSU Raj | | |
| | 11 – 11:55am FLOW YOGA Patricia | | 11 – 11:55am FLOW YOGA Ashley | 11 – 11:55am  Crystal |
| 12 – 12:25pm ABS Mindy | 12 – 12:25pm ABS Patricia | 12 – 12:25pm ABS Katie | 12 – 12:25pm ABS Katie | 12 – 12:25pm ABS Adrian |
| 12:30 – 1:25pm SPORTS YOGA Emily | 12:30 – 1:30pm  Mary Jo | 12:30 – 1pm HIIT Katie | 12:30 – 1:30pm  Patricia | 12:30 – 1:15pm BOOT CAMP Adrian |
| | | 2 – 2:55pm STRETCH, BREATHE, RELAX Catha | | |
| 3:30 – 4:30pm SLOW FLOW YOGA Catha | 4 – 4:55pm  Meg / Evie / Ed | | 4 – 4:55pm  Allison R. | 4:00 – 5:30pm BRAZILIAN JIU-JITSU Mando |
| 5 – 6pm  Jeff | 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 – 6:30pm HIIT Laura | 6:05 – 7:05pm  TAI CHI Riley | | |
| EAST STUDIO | | | | Effective November 19, 2018 |
| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| \$ CrossFit Group Training \$ (Fitness Floor) 9:15-10am Adrian | 11 – 11:30am Get Moving! TAI CHI Riley | \$ TRX Group Training \$ (TRX A-Frame) 7 – 7:50am Mark | 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! FOAM ROLL Bill | 12:30 – 1:15pm CYCLE EXPRESS Megan H. | Small Group Training \$ indicates fee for class Please see front desk for more information or contact Devon Grassi. dgrassi@pro-fitclubs.com |
| | \$ Group Training \$ Optimal Performance 1:30 – 2:00pm Adrian | | | |
| 4 – 4:55pm LATIN DANCE FUNDAMENTALS Migle | 4 – 4:45pm CYCLE EXPRESS Megan H. | | 4 – 4:45pm CYCLE EXPRESS Heather D. | Get Moving! Foundation group training in 30 minute classes: TAI CHI FOAM ROLLING |
| 5 – 5:55pm  Migle | 5 – 5:55pm POWER YOGA Colleen | 5 – 6pm freedom Barre® Evie | 5 – 5:55pm FLOW YOGA Ashley | |
| Visit our website for class descriptions. www.ptofitness.org Contact mgreen@pro-fitclubs.com | | | | |