Rosemont Health & Fitness

Group Exercise Schedule – Effective March 30th, 2019

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
5:30am Spin M.C.	5:30am BodyPump M.C.	5:30am Spin M.C.	5:30am BP Express M.C. 45 mins	5:30am Spin M.C.	8:00am BodyPump Victor	9:00am BodyPump Lynn
6:15am CXWORX M.C		New Time! 6:20am CXWORX JoAnn	6:15am Vinyasa Yoga Rose 45 mins	6:00am BP Express Sue 45 mins.	9:00am Aqua Intense Barb	New! 9:00am Aqua Intense Barb
7:15am Interval Step Barb	7:10am BodyPump Georgia	7:15am Interval Step Barb	6:15am CXWORX M.C	6:50am CXWORX Sue		10:05am CXWORX Lynn
	8:15am CXWORX Georgia		7:10am BP Express Lynn 45 mins		9:05am CXWORX Victor	11:00am BP Express Katie 45 mins
9:00am WIM - Barb	9:00am Aqua Intense Barb	9:00am WIM - JoAnn	9:00am BP Mini Georgia 30 mins	9:00am Aqua Intense Barb	9:30am Spin Sally	
9:10am BodyPump JoAnn	9:00am W/T/S - JoAnn	9:00am Powersculpt Barb	9:15am Spin - JoAnn	9:00am BP Express JoAnn 45 mins	9:45am ZUMBA Noemi	
New! 9:15am Spin Sandy	New! 9:15am Spin- 45 mins Georgia	New! 9:15am Spin Sally	9:30am IBM Sue K			
10:15am Gentle Yoga Kristina 45 mins	9:30am IBM Sue K		9:35am CXWORX Georgia	9:15am Vinyasa Yoga Stephanie 45 mins	11:00am BP Express Georgia 45 mins	
10:30am LoCardio Barb	10:30am Circuit Fit Sue K	10:15am Gentle Yoga Kristina 45 mins	10:30am Circuit Fit Sue K	9:50am CXWORX JoAnn		
10:30am Aqua Fit - Evelyn		10:30am AquaFit-Evelyn	10:30am Aqua Fit -Julie	10:30am LoCardio - Barb	11:50am CXWORX Georgia	
10:30am Spin -Denise	11:40am CXWORX JoAnn	10:30am Spin - Denise	10:30am Chair Yoga Rose 30 mins	10:30am Spin - Denise		
11:15am Vinyasa Yoga Kristina 45 mins		11:15am Vinyasa Yoga Kristina 45 mins	11:15am Vinyasa Yoga Rose 45 mins			
12:15pm BP Express Sue 45 mins	12:15pm Spin Tony	12:15pm BodyPump Sue	11:40am CXWORX JoAnn	12:00pm Powersculpt Sue K		
5:30pm ZUMBA Nicolette	12:15pm ZUMBA Noemi 45 mins	5:15pm Vinyasa Yoga Rose 60 mins	12:15pm Spin Denise		**New LesMills classes!**	
5:50pm Spin-40 mins Savannah	5:15pm BodyPump Sue	5:30pm Spin - Karen	12:15pm PilatesPlus Sue K			
6:30pm BodyPump Victor	6:00pm Pilates Plus Sue K		5:30pm Spin Tony	5:30pm BodyPump Karen		
			5:30pm ZUMBA 45 mins New! Noemi			
6:30pm Aqua ZUMBA Dana	6:20pm CXWORX- Sue		New Time! 6:00pm Pilates Plus Sue K			**CLASS KEY:**
New! 7:30pm "Glow Yoga" Sue C.	6:30pm Aqua Intense Kathi D	6:30pm WIM JoAnn	6:30pm Aqua ZUMBA Dana			Group Exercise Studio
7:35pm CXWORX Victor	7:00 pm WalkLive JoAnn	6:45pm BP Express Georgia-45 mins	6:30pm BodyPump JoAnn			Pool
			7:35pm CXWORX JoAnn			Yoga
						Spin Studio