

VSYOU GROUP FITNESS FALL '17 SCHEDULE

TIMES	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
7 AM				SUNRISE SPIN Colleen	
5 PM		BOSU EXPRESS Colleen	SPIN Sarah	WARRIOR SCULPT YOGA Colleen	LOWER BODY SCULPT Sarah
6 PM		MINDFUL MEDITATION Deven	ARMS & ABS Sarah	SPIN FIT Colleen	SPIN Sarah
		CIRCUIT TRAINING Kiana	CIRCUIT TRAINING Kiana	LOWER BODY SCULPT Sarah	HIP HOP Jourdan
7 PM	STEP IT UP DeAngela	GENTLE YOGA Deven	YOGA TONE Deven	POWER YOGA Deven	DYNAMIC YOGA Deven
		LOWER BODY SCULPT Kiana	TURBO KICK Kiana	MUSCLE CUT April	CORE & MORE DeAngela
8 PM	FITNESS MASHUP DeAngela	ZUMBA April	HIP HOP Jourdan	ZUMBA April	
Workout of the Day Classes in the Functional Training Room		WOD Aurielle: 4 PM - 5 PM	WOD Bobby: 12 PM - 1 PM Evan: 5 PM - 6 PM	WOD Bobby: 12 PM - 1 PM Aurielle: 4 PM - 5 PM Evan: 5 PM - 6 PM	WOD Bobby: 12 PM - 1 PM Evan: 5 PM - 6 PM

AEROBIC ROOM 1 // AEROBIC ROOM 2

Group Fitness Classes

SUNDAY: 7 PM: Step it Up, Instructor DeAngela. 8 PM Fitness Mashup, Instructor DeAngela

MONDAY: 5 PM: Bosu Express, Instructor Colleen. 6 PM Mindful Meditation, Instructor Deven (Aerobic room 1). Circuit Training, Instructor Kiana (Aerobic room 2). 7 PM Gentle Yoga, Instructor Deven. (Aerobic Room 1). Lower Body Sculpt, Instructor Kiana (Aerobic Room 2). 8 PM: Zumba, Instructor April.

TUESDAY: 5 PM: Spin, Instructor Sarah. 6 PM Arms and Abs, Instructor Sarah (Aerobic room 1). Circuit Training, Instructor Kiana (Aerobic room 2). 7 PM Yoga Tone, Instructor Deven. (Aerobic Room 1). Turbo Kick, Instructor Kiana (Aerobic Room 2). 8 PM Hip Hop, Instructor Jourdan

WEDNESDAY: 7 AM: Sunrise Spin, Instructor Colleen. : 5 PM: Warrior Sculpt Yoga, Instructor Colleen. 6 PM Spin Fit, Instructor Colleen (Aerobic room 1). Lower Body Sculpt, Instructor Sarah (Aerobic room 2). 7 PM Power Yoga, Instructor Deven. (Aerobic Room 1). Muscle Cut, Instructor April (Aerobic Room 2). 8 PM Zumba, Instructor April

THURSDAY: 5 PM: Lower Body Sculpt, Instructor Sarah. 6 PM Spin, Instructor April (Aerobic room 1). Hip Hop, Instructor Jourdan (Aerobic room 2). 7 PM Dynamic Yoga, Instructor Deven. (Aerobic Room 1). Core and More, Instructor DeAngela (Aerobic Room 2).

Workout of the Day

MONDAY: 4 PM-5 PM Aurielle,

TUESDAY: 12PM- 1PM Bobby, 5 PM-6PM Evan

WEDNESDAY: 12 PM- 1 PM Bobby, 4 PM- 5 PM Aurielle, 5 PM-6 PM Evan.

THURSDAY: 12 PM – 1 PM Bobby, 5 PM-6PM Evan.

