



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# GROUP FITNESS SCHEDULE-APY

## Spring Session

April 16th – June 10th, 2018

| MONDAY                       |   | TUESDAY                      |   | WEDNESDAY                    |   |
|------------------------------|---|------------------------------|---|------------------------------|---|
| <b>Early Morning Classes</b> |   | <b>Early Morning Classes</b> |   | <b>Early Morning Classes</b> |   |
| 5:30-6:15AM                  | H2O FUSION- <i>Boldt</i>                        | 5:15-6:00AM                  | Group Cycling                                   | 5:30-6:15AM                  | H2O Intervals- <i>Boldt</i>                     |
| 5:30-6:15AM                  | Group Cycling                                   | 5:30-6:15AM                  | Strength and Resistance-APGym                   | 5:45-6:30AM                  | Bootcamp-APGym                                  |
| 5:45-6:30AM                  | Bootcamp-APGym                                  | 5:30-6:15AM                  | H2O STRENGTH/STRETCH- <i>Boldt</i>              | 6:00-7:00AM                  | Power Yoga-SMBS                                 |
| 6:00-7:00AM                  | Power Yoga-SMBS                                 | 5:30-6:15AM                  | Awakening Yoga-SMBS                             | 6:30-7:00AM                  | Synrgy Group Training\$- <i>Wellness Center</i> |
| 6:30-7:00AM                  | Synrgy Group Training\$- <i>Wellness Center</i> | 5:45-6:30AM                  | OUTDOOR BOOTCAMP - <b>NEW!!</b>                 | 6:45-7:45AM                  | <b>Reformer 3-\$</b>                            |
| 7:00-7:45AM                  | H2O EXERCISE- <i>Boldt/Guardian</i>             | 6:15-7:00AM                  | WATER RUNNING- <i>Boldt</i>                     | 7:00-7:45AM                  | H2O EXERCISE- <i>Boldt/Guardian</i>             |
| 7:15-8:00AM                  | Simply Balance- <i>APGym</i>                    | 6:15-7:00AM                  | Group Cycling                                   | 7:15-8:00AM                  | Simply Balance- <i>APGym</i>                    |
| 7:50-8:50AM                  | <b>Reformer 3-\$</b>                            | 6:30-7:00AM                  | <b>TRX \$-APGYM</b>                             | 7:45-8:30AM                  | Strength and Resistance- <i>WFC</i>             |
|                              |   | 7:30-8:30AM                  | Slow Flow Yoga-SMBS                             | 7:50-8:50AM                  | <b>Reformer 2-\$</b>                            |
|                              |   | 7:50-8:50AM                  | <b>Reformer 3-\$</b>                            |                              |   |
| <b>Mid Morning Classes</b>   |   | <b>Mid Morning Classes</b>   |   | <b>Mid Morning Classes</b>   |   |
| 8:00-8:45AM                  | CARDIAC H2O- <i>Boldt</i>                       | 8:00-8:45AM                  | <b>ARTHRITIS AQUATICS-</b> <i>Guardian</i>      | 8:00-9:00AM                  | Zumba- <i>APGYM</i>                             |
| 8:00-8:45AM                  | Slow Flow Yoga- <i>SMBS</i>                     | 8:00-8:45AM                  | Silver Sneakers Classic- <i>APGYM</i>           | 8:00-8:45AM                  | CARDIAC H2O- <i>Boldt</i>                       |
| 8:00-9:00AM                  | Strength and Resistance- <i>WFC</i>             | 8:15-8:45AM                  | Express Group Cycling                           | 8:15-9:00AM                  | Guided Meditation-SMBS                          |
| 9:00-9:45AM                  | DEEP DEVOTION- <i>Boldt</i>                     | 8:45-9:30AM                  | <b>ARTHRITIS AQUATICS-</b> <i>Guardian</i>      | 8:55-9:55AM                  | <b>Reformer 2-\$</b>                            |
| 9:00-10:00AM                 | Power Yoga- <i>SMBS</i>                         | 8:45-9:30AM                  | STEP- <i>APGym</i>                              | 9:00-9:45AM                  | Deep Devotion- <i>Boldt</i>                     |
| 9:00-9:45AM                  | Group Cycling                                   | 9:00-9:45AM                  | H2O Fusion- <i>Boldt</i>                        | 9:00-9:45AM                  | Group Cycling                                   |
| 9:00-10:00AM                 | Strength and Resistance - <i>WFC</i>            | 9:00-9:45AM                  | Group Cycling                                   | 9:00-10:00AM                 | Power Yoga-SMBS                                 |
| 9:00-10:00AM                 | Cardio- <i>APGYM</i>                            | 9:00-10:00AM                 | Pilates/Yoga Fusion - <i>SMBS</i>               | 9:00-9:45AM                  | TabataCardioCore- <i>APGYM</i>                  |
| 10:00-11:00AM                | Pilates/Yoga Fusion-SMBS                        | 9:00-9:30AM                  | Synrgy Group Training\$- <i>Wellness Center</i> | 9:00-10:00AM                 | Strength and Resistance - <i>WFC</i>            |
| 10:00-11:00AM                | <b>Reformer 2-\$</b>                            | 10:00-11:00AM                | <b>Reformer Mat Flow-\$</b>                     | 9:00-9:30AM                  | Synrgy Group Training\$- <i>Wellness Center</i> |
| 10:10-10:55AM                | Simply Fit-AP gym                               | 10:00-11:00AM                | Zumba - <i>ApGym NEW!</i>                       | 10:00-11:00AM                | Pilates/Yoga Fusion - <i>SMBS</i>               |
|                              |   | 10:15-11:15AM                | Strength and Resistance- <i>WFC</i>             | 10:10-10:55AM                | Simply Fit- <i>APGYM</i>                        |
|                              |   | 10:30-11:30AM                | Simply Stretch - <i>SMBS</i>                    |                              |   |
|                              |   | 11:00-11:30AM                | Synrgy Group Training\$- <i>Wellness Center</i> |                              |   |
| <b>Lunch Hour Classes</b>    |   | <b>Lunch Hour Classes</b>    |   | <b>Lunch Hour Classes</b>    |   |
| 11:05-11:50AM                | Simply Strength- <i>WFC</i>                     | 11:00-12:00PM                | <b>Reformer 1-\$</b>                            | 11:05-11:50AM                | Simply Strength- <i>WFC</i>                     |
| 11:00-12:00PM                | <b>Reformer 1-\$</b>                            | 11:30-12:00PM                | <b>TRX \$-APGYM</b>                             | 11:00-11:45AM                | Zumba Gold- <i>APGYM</i>                        |
| 11:00-11:45AM                | Zumba Gold- <i>APGYM</i>                        | 11:30-12:00PM                | Strength and Resistance Express-FWR             | 11:00-11:45PM                | Simply Stretch- <i>SMBS</i>                     |
| 11:10-11:50PM                | Meditative Yoga-SMBS                            | 12:00-12:45PM                | H2O STRENGTH/STRETCH- <i>Boldt</i>              | 11:30-12:00PM                | Synrgy Group Training\$- <i>Wellness Center</i> |
| 11:30-12:00PM                | Synrgy Group Training\$- <i>Wellness Center</i> | 12:00-1:00PM                 | Reformer 2 -\$                                  | 12:00-12:45PM                | Hatha Yoga-SMBS                                 |
| 12:00-12:45PM                | Hatha Yoga-SMBS                                 | 1:45-3:15PM                  | Tai Chi-SMBS                                    | 12:00-12:45PM                | Group Cycling                                   |
| 12:00-12:45PM                | Group Cycling                                   | 3:15-4:15PM                  | Tai Chi for Beginners-SMBS                      | 12:00-12:45PM                | Aqua Zumba- <i>Boldt Pool</i>                   |
| 12:00-12:45PM                | Aqua Zumba- <i>Boldt</i>                        |                              |   | 12:00-12:45PM                | Synrgy Group Training\$- <i>Wellness Center</i> |
| 12:00-12:30PM                | Synrgy Group Training\$- <i>Wellness Center</i> |                              |   | 12:45-1:45PM                 | Enhance Fitness- <i>APGYM- NEW!!</i>            |
| 12:45-1:45PM                 | Enhance Fitness- <i>APGYM- NEW!!</i>            |                              |   | 1:00-2:00pm                  | <b>Aerial Yoga- \$</b>                          |
| <b>Evening Classes</b>       |   | <b>Evening Classes</b>       |   | <b>Evening Classes</b>       |   |
| 4:00-5:00PM                  | <b>Reformer 3-\$</b>                            | 4:20-5:15PM                  | <b>Aerial Yoga- \$</b>                          | 4:00-5:00PM                  | <b>Aerial Yoga- \$</b>                          |
| 4:00-4:30PM                  | Synrgy Group Training\$- <i>Wellness Center</i> | 5:30-6:15PM                  | Strength and Resistance- <i>WFC</i>             | 4:00-5:00PM                  | <b>Reformer 3-\$</b>                            |
| 4:30-5:15PM                  | Core-WFC  | 6:15-7:15PM                  | H2O FUSION- <i>Boldt</i>                        | 4:00-4:30PM                  | Synrgy Group Training\$- <i>Wellness Center</i> |
| 4:45-5:30PM                  | Group Cycling                                   | 6:30-7:30PM                  | Power Yoga-SMBS                                 | 5:00-6:00PM                  | Cycling Bootcamp                                |
| 5:10-6:10PM                  | <b>Reformer 1 \$</b>                            | 8:00-8:55PM                  | Restorative Yoga-SMBS                           | 5:30-6:30PM                  | Zumba -APGym                                    |
| 5:25-6:25PM                  | Power Yoga-SMBS                                 |                              |   | 5:30-6:30PM                  | MindfulMovement2-SMBS                           |
| 5:45-6:30PM                  | Group Cycling                                   |                              |   | 6:30-7:45PM                  | MindfulMovement1 -SMBS                          |
| 6:00-7:00PM                  | Zumba- <i>APGYM</i>                             |                              |   | 6:30-7:30PM                  | Tai Chi - <i>ApGym</i>                          |
| 6:30-7:30PM                  | Hatha Yoga-SMBS                                 |                              |   |                              |   |

\*SEE REVERSE SIDE FOR THURSDAY THROUGH SUNDAY SCHEDULE

| THURSDAY              |   | FRIDAY                |   | SATURDAY              |                                     |
|-----------------------|---|-----------------------|---|-----------------------|-------------------------------------|
| Early Morning Classes |   | Early Morning Classes |   | Early Morning Classes |                                     |
| 5:15-6:00AM           | Group Cycling                                   | 5:30-6:15AM           | H2O FUSION- <i>Boldt</i>                        | 6:00-6:45AM           | WATER RUNNING- <i>Boldt</i>         |
| 5:30-6:15AM           | Strength and Resistance- <i>APGym</i>           | 5:30-6:15AM           | Group Cycling                                   | 7:00-8:00AM           | H2O FUSION- <i>Boldt</i>            |
| 5:30-6:15AM           | H2O STRENGTH/STRETCH- <i>Boldt</i>              | 5:30-6:30AM           | Nordic Walking-Outdoors                         | 7:00-7:45AM           | Group Cycling                       |
| 5:30-6:15AM           | Awakening Yoga- <i>SMBS</i>                     | 5:45-6:30PM           | Bootcamp- <i>APGym</i>                          |                       |                                     |
| 5:45-6:30AM           | OUTDOOR BOOTCAMP - <i>NEWII</i>                 | 6:30-7:00AM           | <b>TRX \$-APGym</b>                             |                       |                                     |
| 6:15-7:00AM           | WATER RUNNING- <i>Boldt</i>                     | 6:30-7:00AM           | <b>Synrgy Group Training\$- Wellness Center</b> |                       |                                     |
| 6:30-7:00AM           | <b>TRX \$-APGym</b>                             | 7:00-7:45AM           | H2O EXERCISE- <i>Boldt/Guardian</i>             |                       |                                     |
| 7:30-8:30AM           | Slow Flow Yoga- <i>SMBS</i>                     |                       |   |                       |                                     |
| 7:50-8:50AM           | <b>Reformer 3-\$</b>                            |                       |   |                       |                                     |
| Mid Morning Classes   |   | Mid Morning Classes   |   | Mid Morning Classes   |                                     |
| 8:00-8:45AM           | Silver Sneakers Classic- <i>APGYM</i>           | 8:00-9:00AM           | Strength and Resistance- <i>WFC</i>             | 8:00-8:45AM           | Strength and Resistance- <i>WFC</i> |
| 8:00-8:45AM           | <b>ARTHRITIS AQUATICS- Guardian</b>             | 8:00-8:45AM           | Cardiac H2O- <i>Boldt</i>                       | 8:00-9:00AM           | Zumba- <i>APGYM</i>                 |
| 8:15-8:45AM           | Express Reality Rides                           | 8:15-9:00AM           | Guided Meditation- <i>SMBS</i>                  | 8:00-8:45AM           | <b>Aerial Yoga \$</b>               |
| 8:45-9:30AM           | <b>ARTHRITIS AQUATICS- Guardian</b>             | 9:00-9:45AM           | Group Cycling                                   | 9:00-10:00AM          | Power Yoga- <i>SMBS</i>             |
| 8:45-9:30AM           | STEP- <i>APGym</i>                              | 9:00-10:00AM          | Power Yoga- <i>SMBS</i>                         | 10:15-11:15AM         | Hatha Yoga                          |
| 8:55-9:55AM           | <b>Reformer 3-\$</b>                            | 9:00-10:00AM          | Cardio- <i>APGYM</i>                            |                       |                                     |
| 9:00-9:45AM           | H2O Fusion- <i>Boldt</i>                        | 9:00-10:00AM          | Strength and Resistance- <i>WFC</i>             |                       |                                     |
| 9:00-9:45AM           | Reality Rides- <i>Cycling Studio</i>            | 9:00-9:45AM           | Deep Devotion- <i>Boldt</i>                     |                       |                                     |
| 9:00-10:00AM          | Pilates/Yoga Fusion - <i>SMBS</i>               | 10:00-11:00AM         | Slow Flow Yoga- <i>SMBS</i>                     |                       |                                     |
| 9:00-9:30AM           | <b>Synrgy Group Training\$- Wellness Center</b> | 10:00-11:00AM         | <b>Reformer 2 \$</b>                            |                       |                                     |
| 9:30-10:15AM          | Zumba Gold- <i>APGym</i>                        |                       |   |                       |                                     |
| 10:00-11:00AM         | <b>Reformer 2-\$</b>                            |                       |   |                       |                                     |
| 10:15-11:15AM         | Strength and Resistance- <i>WFC</i>             |                       |   |                       |                                     |
| 10:30-11:30AM         | Simply Stretch- <i>SMBS</i>                     |                       |   |                       |                                     |
| Lunch Hour Classes    |   | Lunch Hour Classes    |   | SUNDAY                |                                     |
| 11:30-12:00PM         | <b>TRX \$-APGYM</b>                             | 11:00-11:45AM         | Simply Stretch- <i>SMBS</i>                     | 8:45-9:30AM           | Aqua Zumba- <i>Boldt</i>            |
| 11:30-12:00PM         | Strength and Resistance Express- <i>FWR</i>     | 11:00-12:00PM         | <b>Reformer 1-\$</b>                            | 10:15-11:30AM         | Mindful Movement- <i>SMBS</i>       |
| 12:00-12:45AM         | H2O STRENGTH/STRETCH- <i>Boldt</i>              | 12:00-12:45PM         | Power Yoga- <i>SMBS</i>                         |                       |                                     |
| 1:45-3:15PM           | Tai Chi- <i>SMBS</i>                            | 12:00-12:45PM         | H2O Fusion- <i>Boldt Pool</i>                   |                       |                                     |
| 3:15-4:15PM           | Tai Chi for Beginners- <i>SMBS</i>              | 12:00-12:30PM         | <b>Synrgy Group Training\$- Wellness Center</b> |                       |                                     |
|                       |   | 12:00-12:45PM         | Group Cycling                                   |                       |                                     |
|                       |   | 12:45-1:45PM          | Enhance Fitness- <i>APGYM- NEWII</i>            |                       |                                     |
| Evening Classes       |   | Evening Classes       |   |                       |                                     |
| 4:20-5:20PM           | Hatha Yoga- <i>SMBS</i>                         | 4:45-5:30PM           | Cardio Barre Blend- <i>APGym</i>                |                       |                                     |
| 5:30-6:15PM           | Group Cycling                                   |                       |   |                       |                                     |
| 5:30-6:15PM           | Strength and Resistance- <i>WFC</i>             |                       |   |                       |                                     |
| 5:30-6:30PM           | Power Yoga- <i>SMBS</i>                         |                       |   |                       |                                     |
| 6:15-7:15PM           | H2O FUSION- <i>Boldt</i>                        |                       |   |                       |                                     |
| 6:30-7:30PM           | Hatha Yoga- <i>SMBS</i>                         |                       |   |                       |                                     |
| 8:00-8:55PM           | Restorative Yoga- <i>SMBS</i>                   |                       |   |                       |                                     |

**\$** = Paid classes

**BOLD** = Registration Required

Class Guidelines

If less than 3 people show up for a class, the instructor may not teach class that day.

If less than 5 people show up for a class for two consecutive weeks, class may be cancelled for the remainder of the session.