



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# GROUP FITNESS SCHEDULE-APY

## Summer Session

June 12th - August 27, 2017

MONDAY		TUESDAY		WEDNESDAY	
Early Morning Classes		Early Morning Classes		Early Morning Classes	
5:30-6:15AM	H2O FUSION- <i>Boldt</i>	5:15-6:00AM	Group Cycling	5:30-6:15AM	H2O Intervals- <i>Boldt</i>
5:30-6:30AM	Nordic Walking- <i>Outdoors</i>	5:30-6:15AM	Strength and Resistance-APGym	5:45-6:30AM	Total Body Bootcamp-APGym
5:45-6:30AM	Total Body Bootcamp-APGym	5:30-6:15AM	H2O STRENGTH/STRETCH- <i>Boldt</i>	5:45-6:45AM	<b>Reformer 1-\$</b>
6:00-7:00AM	Power Yoga-SMBS	5:30-6:15AM	Awakening Yoga- <i>SMBS</i>	6:00-7:00AM	Power Yoga- <i>SMBS</i>
6:30-7:00AM	<b>Synrgy Group Training\$- Wellness Center</b>	5:45-6:45AM	Outdoor Bootcamp-Meet in lobby	6:30-7:00AM	<b>Synrgy Group Training\$- Wellness Center</b>
6:45-7:30AM	H2O EXERCISE- <i>Boldt/Guardian</i>	6:15-7:00AM	WATER RUNNING- <i>Boldt</i>	6:45-7:45AM	<b>Reformer 3-\$</b>
7:15-8:00AM	Simply Balance- <i>APGym</i>	6:15-7:00AM	Group Cycling	6:45-7:30AM	H2O EXERCISE- <i>Boldt/Guardian</i>
7:30-8:15AM	CARDIAC H2O- <i>Boldt</i>	6:30-7:00AM	<b>TRX \$-APGYM</b>	7:15-8:00AM	Simply Balance- <i>APGym</i>
7:50-8:50AM	<b>Reformer 3-\$</b>	7:30-8:30AM	Slow Flow Yoga- <i>SMBS</i>	7:30-8:15AM	CARDIAC H2O- <i>Boldt</i>
		7:50-8:50AM	<b>Reformer 3-\$</b>	7:45-8:30AM	Strength and Resistance- <i>WFC</i>
				7:50-8:50AM	<b>Reformer 2-\$</b>
Mid Morning Classes		Mid Morning Classes		Mid Morning Classes	
8:00-9:00AM	Zumba-APGym	8:00-8:45AM	<b>ARTHRITIS AQUATICS- Guardian</b>	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>	8:15-9:00AM	Guided Meditation-SMBS
8:00-9:00AM	Strength and Resistance- <i>WFC</i>	8:00-8:45AM	H2O Fusion- <i>Boldt</i>	8:55-9:55AM	<b>Reformer 1-\$</b>
8:15-9:00AM	DEEP DEVOTION- <i>Boldt</i>	8:00-9:00AM	Total Body Conditioning- <i>WFC</i>	9:00-9:45AM	Group Cycling
9:00-10:00AM	Power Yoga- <i>SMBS</i>	8:45-9:30AM	<b>ARTHRITIS AQUATICS- Guardian</b>	9:00-10:00AM	Power Yoga- <i>SMBS</i>
9:00-9:45AM	Group Cycling	8:45-10:00AM	STEP- <i>Orbison</i>	9:00-10:00AM	TabataCardioCore- <i>APGYM</i>
9:00-10:00AM	Strength and Resistance - <i>WFC</i>	8:55-9:55AM	<b>Reformer 1-\$</b>	9:00-10:00AM	Strength and Resistance - <i>WFC</i>
9:00-10:00AM	Cardio- <i>APGYM</i>	9:00-9:45AM	Group Cycling	9:00-9:30AM	<b>Synrgy Group Training\$- Wellness Center</b>
9:00-9:30AM	<b>Synrgy Group Training\$- Wellness Center</b>	9:00-10:00AM	Pilates/Yoga Fusion - <i>SMBS</i>	10:00-11:00AM	Pilates/Yoga Fusion - <i>SMBS</i>
10:00-11:00AM	Pilates/Yoga Fusion- <i>SMBS</i>	9:00-9:30AM	<b>Synrgy Group Training\$- Wellness Center</b>	10:00-11:00AM	<b>Reformer 2-\$</b>
10:00-11:00AM	<b>Reformer 2-\$</b>	10:00-11:00AM	<b>Reformer Mat Flow-\$</b>	10:10-10:55AM	Simply Fit- <i>APGYM</i>
10:10-10:55AM	Simply Fit-AP gym	10:15-11:15AM	Strength and Resistance- <i>WFC</i>		
		10:30-11:30AM	Gentle Stretch - <i>SMBS</i>		
Lunch Hour Classes		Lunch Hour Classes		Lunch Hour Classes	
11:00-11:45AM	Simply Strength- <i>WFC</i>	11:00-12:00PM	Reformer Mat Flow- <b>\$</b>	11:00-11:45AM	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>
11:00-11:45PM	Meditative Yoga- <i>SMBS</i>	11:30-12:00PM	Strength and Resistance Express-FWR	11:00-12:00PM	<b>Reformer 1-\$</b>
11:00-11:45AM	Zumba Gold- <i>APGYM</i>	11:45-12:45PM	<b>Aerial Yoga- \$</b>	11:00-11:45PM	Gentle Stretch- <i>SMBS</i>
12:00-12:45PM	Hatha Yoga- <i>SMBS</i>	12:00-12:45PM	H2O STRENGTH/STRETCH- <i>Boldt</i>	12:00-12:45PM	Hatha Yoga- <i>SMBS</i>
12:00-12:45PM	Group Cycling	12:00-12:30PM	Group Running-Outside (meet in lobby)	12:00-12:45PM	Group Cycling
12:00-12:45PM	Aqua Zumba- <i>Boldt</i>	1:45-3:15PM	Tai Chi- <i>SMBS</i>	12:00-12:45PM	H2O Fusion- <i>Boldt</i>
12:00-12:30PM	<b>Synrgy Group Training\$- Wellness Center</b>	3:15-4:15PM	Tai Chi for Beginners-SMBS	12:00-12:30PM	<b>Synrgy Group Training\$- Wellness Center</b>
				1:00-1:45PM	<b>ARTHRITIS AQUATICS - Guardian</b>
Evening Classes		Evening Classes		Evening Classes	
4:30-5:15PM	Core- <i>WFC</i>	4:20-5:15PM	<b>Aerial Yoga- \$</b>	4:00-5:00PM	<b>Aerial Yoga- \$</b>
4:30-5:30PM	<b>Reformer 3-\$</b>	5:20-6:15PM	<b>Aerial Yoga- \$</b>	4:30-5:30PM	<b>Reformer 3-\$</b>
4:45-5:30PM	Group Cycling	5:30-6:00PM	<b>Synrgy Group Training\$- Wellness Center</b>	5:30-6:30PM	Outdoor Zumba-Houdini Plaza
5:15-6:00PM	<b>TRX Plus-\$</b>	5:30-6:15PM	Strength and Resistance- <i>WFC</i>	5:30-6:30PM	MindfulMovement2- <i>SMBS</i>
5:30-6:30PM	Power Yoga- <i>SMBS</i>	6:15-7:15PM	H2O FUSION- <i>Boldt</i>	6:30-7:45PM	MindfulMovement1 - <i>SMBS</i>
5:45-6:30PM	Group Cycling	6:30-7:30PM	Power Yoga-SMBS		
6:15-7:15PM	Zumba- <i>APGYM</i>	8:00-8:55PM	Restorative Yoga- <i>SMBS</i>		
6:30-7:30PM	Hatha Yoga- <i>SMBS</i>				

\*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>	5:30-6:30PM	Nordic Walking- <i>Outdoors</i>	7:00-8:00AM	H2O FUSION- <i>Boldt</i>
5:30-6:15AM	H2O STRENGTH/STRETCH- <i>Boldt</i>	5:45-6:30PM	Total Body Bootcamp- <i>APGym</i>	7:00-7:45AM	Group Cycling
5:30-6:15AM	Awakening Yoga- <i>SMBS</i>	6:30-7:00AM	<b>TRX \$</b> - <i>APGym</i>		
5:45-6:45AM	Outdoor Bootcamp-Meet in lobby	6:45-7:30AM	H2O EXERCISE- <i>Boldt/Guardian</i>		
6:15-7:00AM	WATER RUNNING- <i>Boldt</i>	7:30-8:15AM	CARDIAC H2O- <i>Boldt</i>		
6:15-7:00AM	Group Cycling				
6:30-7:00AM	<b>TRX \$</b> - <i>APGym</i>				
6:45-7:45AM	<b>Reformer 3-\$</b>				
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	
8:00-9:00AM	TotalBodyConditioning- <i>WFC</i>	8:00-9:00AM	Zumba- <i>APGYM</i>	8:00-8:45AM	Strength and Resistance- <i>WFC</i>
8:00-8:45AM	Silver Sneakers Classic- <i>APGYM</i>	8:00-9:00AM	Strength and Resistance- <i>WFC</i>	8:00-9:00AM	Zumba- <i>APGYM</i>
8:00-8:45AM	<b>ARTHRITIS AQUATICS-</b> <i>Guardian</i>	8:15-9:00AM	DEEP DEVOTION- <i>Boldt</i>	9:00-10:00AM	Power Yoga- <i>SMBS</i>
8:00-8:45AM	H2O Fusion- <i>Boldt</i>	8:15-9:00AM	Guided Meditation- <i>SMBS</i>	10:15-11:15AM	Outdoor Yoga *Houdini Plaza behind Bazil's.
8:45-9:30AM	<b>ARTHRITIS AQUATICS-</b> <i>Guardian</i>	9:00-9:45AM	Group Cycling		
8:45-10:00AM	STEP- <i>Orbison</i>	9:00-10:00AM	Power Yoga- <i>SMBS</i>		
8:55-9:55AM	<b>Reformer 3- \$</b>	9:00-10:00AM	Cardio- <i>APGYM</i>		
9:00-9:45AM	Reality Rides- <i>Cycling Studio</i>	9:00-10:00AM	Strength and Resistance- <i>WFC</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\$-</b> <i>Wellness Center</i>	10:00-10:45AM	Cycling Lite		
9:30-10:15AM	Zumba Gold- <i>APGym</i>				
10:00-11:00AM	<b>Reformer 1-\$</b>				
10:15-11:15AM	Strength and Resistance- <i>WFC</i>				
10:30-11:30AM	Gentle Stretch- <i>SMBS</i>				
Lunch Hour Classes		Lunch Hour Classes		SUNDAY	
11:00-12:00PM	<b>Reformer 2-\$</b>	11:00-11:45AM	Gentle Stretch- <i>SMBS</i>	10:15-11:30AM	Mindful Movement- <i>SMBS</i>
11:30-12:00PM	<b>TRX \$-APGYM</b>	11:00-12:00PM	<b>Reformer 1-\$</b>		
11:30-12:00PM	Strength and Resistance Express-FWR	12:00-12:45PM	Power Yoga- <i>SMBS</i>		
11:45-12:45AM	<b>Aerial Yoga- \$</b>				
12:00-12:45AM	H2O STRENGTH/STRETCH- <i>Boldt</i>				
12:00-12:30PM	Group Running-Outside (meet in lobby)				
1:45-3:15PM	Tai Chi- <i>SMBS</i>				
3:15-4:15PM	Tai Chi for Beginners- <i>SMBS</i>				
Evening Classes		Evening Classes			
4:20-5:20PM	Hatha Yoga- <i>SMBS</i>	4:45-5:30pm	Cardio Barre Blend- <i>APGym</i>		
5:00-5:30PM	<b>TRX Training-\$</b>				
5:15-6:15PM	<b>Reformer 1-\$</b>				
5:30-6:15PM	Group Cycling				
5:30-6:30PM	Power Yoga- <i>SMBS</i>				
5:30-6:00PM	<b>Synrgy Group Training\$-</b> <i>Wellness Center</i>				
5:30-6:15PM	Strength and Resistance- <i>WFC</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.

Last updated 6/19/17