



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP FITNESS SCHEDULE-APY

Fall Session

October 23rd-December 17, 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>
5:30-6:15AM	Group Cycling	5:30-6:15AM	Strength and Resistance-APGym	5:30-6:15AM	Group Cycling
5:45-6:30AM	Bootcamp-APGym	5:30-6:15AM	H2O STRENGTH/STRETCH- <i>Boldt</i>	5:45-6:30AM	Bootcamp-APGym
6:00-7:00AM	Power Yoga-SMBS	5:30-6:15AM	Awakening Yoga- <i>SMBS</i>	5:45-6:45AM	Reformer 1-\$
6:30-7:00AM	Synrgy Group Training\$- Wellness Center	6:15-7:00AM	WATER RUNNING- <i>Boldt</i>	6:00-7:00AM	Power Yoga- <i>SMBS</i>
7:00-7:45AM	H2O EXERCISE- <i>Boldt/Guardian</i>	6:15-7:00AM	Group Cycling	6:30-7:00AM	Synrgy Group Training\$- Wellness Center
7:15-8:00AM	Simply Balance- <i>APGym</i>	6:30-7:00AM	TRX \$-APGYM	6:45-7:45AM	Reformer 3-\$
7:50-8:50AM	Reformer 3-\$	7:30-8:30AM	Slow Flow Yoga- <i>SMBS</i>	7:00-7:45AM	H2O EXERCISE- <i>Boldt/Guardian</i>
8:00-8:45AM	CARDIAC H2O- <i>Boldt</i>	7:50-8:50AM	Reformer 3-\$	7:15-8:00AM	Simply Balance- <i>APGym</i>
				7:45-8:30AM	Strength and Resistance- <i>WFC</i>
				7:50-8:50AM	Reformer 2-\$
				8:00-8:45AM	CARDIAC H2O- <i>Boldt</i>
Mid Morning Classes		Mid Morning Classes		Mid Morning Classes	
8:00-9:00AM	Zumba-APGym	8:00-8:45AM	ARTHRITIS AQUATICS- Guardian	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>	8:15-8:45AM	Express Group Cycling	8:55-9:55AM	Reformer 2-\$
9:00-9:45AM	DEEP DEVOTION- <i>Boldt</i>	8:45-9:30AM	ARTHRITIS AQUATICS- Guardian	9:00-9:45AM	Deep Devotion- <i>Boldt</i>
9:00-10:00AM	Power Yoga- <i>SMBS</i>	8:45-9:30AM	STEP- <i>APGym</i>	9:00-9:45AM	Group Cycling
9:00-9:45AM	Group Cycling	8:55-9:55AM	Reformer 1 \$	9:00-10:00AM	Power Yoga- <i>SMBS</i>
9:00-10:00AM	Strength and Resistance - <i>WFC</i>	9:00-9:45AM	H2O Fusion- <i>Boldt</i>	9:00-10:00AM	TabataCardioCore- <i>APGYM</i>
9:00-10:00AM	Cardio- <i>APGYM</i>	9:00-9:45AM	Group Cycling	9:00-10:00AM	Strength and Resistance - <i>WFC</i>
10:00-11:00AM	Pilates/Yoga Fusion- <i>SMBS</i>	9:00-10:00AM	Pilates/Yoga Fusion - <i>SMBS</i>	9:00-9:30AM	Synrgy Group Training\$- Wellness Center
10:00-11:00AM	Reformer 2-\$	9:00-9:30AM	Synrgy Group Training\$- Wellness Center	10:00-11:00AM	Pilates/Yoga Fusion - <i>SMBS</i>
10:10-10:55AM	Simply Fit-AP gym	10:00-11:00AM	Reformer Mat Flow-\$	10:00-11:00AM	Reformer 2- \$
		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>		
Lunch Hour Classes		Lunch Hour Classes		Lunch Hour Classes	
11:00-11:45AM	Simply Strength- <i>WFC</i>	11:00-12:00PM	Reformer 1-\$	11:00-11:45AM	Simply Strength- <i>WFC</i>
11:00-12:00PM	Reformer 1-\$	11:30-12:00PM	TRX \$-APGYM	11:00-11:45AM	Zumba Gold- <i>APGYM</i>
11:00-11:45PM	Meditative Yoga- <i>SMBS</i>	11:45-12:45PM	Aerial Yoga \$	11:00-11:45PM	Simply Stretch- <i>SMBS</i>
11:00-11:45AM	Zumba Gold- <i>APGYM</i>	12:00-12:45PM	H2O STRENGTH/STRETCH- <i>Boldt</i>	12:00-12:45PM	Hatha Yoga-SMBS
12:00-12:45PM	Hatha Yoga- <i>SMBS</i>	12:00-1:00PM	Reformer 2 -\$	12:00-12:45PM	Group Cycling
12:00-12:45PM	Group Cycling	1:45-3:15PM	Tai Chi- <i>SMBS</i>	12:00-12:45PM	H2O Fusion- <i>Boldt</i>
12:00-12:45PM	Aqua Zumba- <i>Boldt</i>	3:15-4:15PM	Tai Chi for Beginners-SMBS	12:00-12:30PM	Synrgy Group Training\$- Wellness Center
12:00-12:30PM	Synrgy Group Training\$- Wellness Center			12:45-1:45PM	Enhance Fitness- <i>APGYM- NEW!!</i>
12:45-1:45PM	Enhance Fitness- <i>APGYM- NEW!!</i>			1:00-2:00pm	Aerial Yoga- \$
Evening Classes		Evening Classes		Evening Classes	
4:00-5:00PM	Reformer 3-\$	4:20-5:15PM	Aerial Yoga- \$	4:00-5:00PM	Aerial Yoga- \$
4:15-5:15PM	Aerial Yoga- \$	4:45-5:15PM	Express Cycling	4:00-5:00PM	Reformer 3-\$
4:30-5:15PM	Core-WFC	5:20-6:15PM	Aerial Yoga- \$	4:45-5:45PM	Cycling Bootcamp-Cycling Studio
4:45-5:30PM	Group Cycling	5:30-6:00PM	Synrgy Group Training\$- Wellness Center	5:00-5:30PM	Synrgy Group Training\$- Wellness Center
5:25-6:25PM	Power Yoga- <i>SMBS</i>	5:30-6:15PM	Strength and Resistance- <i>WFC</i>	5:30-6:30PM	Zumba- <i>APGYM</i>
5:45-6:30PM	Group Cycling	6:15-7:15PM	H2O FUSION- <i>Boldt</i>	5:30-6:30PM	MindfulMovement2- <i>SMBS</i>
6:00-7:00PM	Zumba- <i>APGYM</i>	6:30-7:30PM	Power Yoga-SMBS	6:30-7:45PM	MindfulMovement1 - <i>SMBS</i>
6:30-7:30PM	Hatha Yoga- <i>SMBS</i>	6:30-7:30PM	Core de Force-APGym-NEW!!		
		8:00-8:55PM	Restorative 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>	5:30-6:15AM	Group Cycling	7:00-8:00AM	H2O FUSION- <i>Boldt</i>
5:30-6:15AM	H2O STRENGTH/STRETCH- <i>Boldt</i>	5:30-6:15AM	Nordic walking- <i>Outdoors</i>	7:00-7:45AM	Group Cycling
5:30-6:15AM	Awakening Yoga- <i>SMBS</i>	5:45-6:30PM	Bootcamp- <i>APGym</i>		
6:15-7:00AM	WATER RUNNING- <i>Boldt</i>	6:30-7:00AM	TRX \$-APGym		
6:15-7:00AM	Group Cycling	6:30-7:00AM	Synergy Group Training\$- Wellness Center		
6:30-7:00AM	TRX \$-APGym	7:00-7:45AM	H2O EXERCISE- <i>Boldt/Guardian</i>		
7:30-8:30AM	Slow Flow Yoga- <i>SMBS</i>				
7:50-8:50AM	Reformer 3-\$				
Mid Morning Classes		Mid Morning Classes		Mid Morning Classes	
8:00-8:45AM	Silver Sneakers Classic- <i>APGYM</i>	8:00-9:00AM	Zumba- <i>APGYM</i>	8:00-8:45AM	Strength and Resistance-WFC
8:00-8:45AM	ARTHRITIS AQUATICS- Guardian	8:00-9:00AM	Strength and Resistance- <i>WFC</i>	8:00-9:00AM	Zumba- <i>APGYM</i>
8:15-8:45AM	Express Group Cycling	8:00-8:45AM	Cardiac H2O- <i>Boldt</i>	8:00-8:45AM	Aerial Yoga \$
8:45-9:30AM	ARTHRITIS AQUATICS- Guardian	8:15-9:00AM	Guided Meditation- <i>SMBS</i>	9:00-10:00AM	Power Yoga- <i>SMBS</i>
8:45-9:30AM	STEP- <i>APGym</i>	9:00-9:45AM	Group Cycling	10:15-11:15AM	Hatha Yoga
8:55-9:55AM	Reformer 3- \$	9:00-10:00AM	Power Yoga- <i>SMBS</i>		
9:00-9:45AM	H2O Fusion- <i>Boldt</i>	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>	9:00-9:45AM	Deep Devotion- <i>Boldt</i>		
9:00-9:30AM	Synergy Group Training\$- Wellness Center	10:00-11:00AM	Slow Flow Yoga- <i>SMBS</i>		
9:30-10:15AM	Zumba Gold- <i>APGym</i>	10:00-11:00AM	Reformer 2 \$		
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	
11:00-12:00PM	Reformer 2-\$	11:00-11:45AM	Simply Stretch- <i>SMBS</i>	8:45-9:30AM	Aqua Zumba- <i>Boldt</i>
11:30-12:00PM	TRX \$-APGYM	11:00-12:00PM	Reformer 1-\$	10:15-11:30AM	Mindful Movement- <i>SMBS</i>
11:30-12:00PM	Strength and Resistance Express-FWR	12:00-12:45PM	Power Yoga- <i>SMBS</i>		
11:45-12:45AM	Aerial Yoga- \$	12:00-12:45PM	Aqua Zumba- <i>Boldt</i>		
12:00-12:45AM	H2O STRENGTH/STRETCH- <i>Boldt</i>	12:00-12:30PM	Synergy Group Training\$- Wellness Center		
1:45-3:15PM	Tai Chi- <i>SMBS</i>	12:45-1:45PM	Enhance Fitness- <i>APGYM- NEW!!</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>		
5:15-6:15PM	Reformer 1-\$	5:30-6:30PM	Aerial Yoga- \$		
5:30-6:15PM	Group Cycling				
5:30-6:30PM	Power Yoga- <i>SMBS</i>				
5:30-6:15PM	Strength and Resistance- <i>WFC</i>				
6:00-7:00PM	Cardio- <i>APGYM- NEW!!</i>				
6:15-7:15PM	H2O FUSION- <i>Boldt</i>				
6:30-7:30PM	Hatha Yoga- <i>SMBS</i>				
7:00-8:00PM	Zumba- <i>APGYM- NEW!!</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.