



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

GROUP FITNESS SCHEDULE-APY

Fall Session

Oct 29-Dec 23, 2018

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	Hatha Yoga- <i>SMBS</i>	6:00-7:00AM	Power Yoga- <i>SMBS</i>
6:30-7:00AM	Synrgy Group Training\$- <i>Wellness Center</i>	5:30-6:00AM	Synrgy Group Training\$- <i>Wellness Center</i>	6:30-7:00AM	Synrgy Group Training\$- <i>Wellness Center</i>
7:00-7:45AM	H2O EXERCISE- <i>Boldt/Guardian</i>	6:15-7:00AM	WATER RUNNING- <i>Boldt</i>	6:45-7:45AM	Reformer 3-\$
7:15-8:00AM	Simply Balance- <i>APGym</i>	6:15-7:00AM	Group Cycling	7:00-7:45AM	H2O Exercise- <i>Boldt</i>
7:50-8:50AM	Reformer 3-\$	6:30-7:00AM	TRX \$-APGYM	7:15-8:00AM	Simply Balance- <i>APGym</i>
8:00-8:45AM	CARDIAC H2O- <i>Boldt</i>	7:30-8:30AM	Slow Flow Yoga- <i>SMBS</i>	7:45-8:30AM	Strength and Resistance- <i>WFC</i>
		7:50-8:50AM	Reformer 3-\$	7:50-8:50AM	Reformer 2-\$
Mid Morning Classes		Mid Morning Classes		Mid Morning Classes	
8:00-8:45AM	Slow Flow Yoga- <i>SMBS</i>	7:55-8:40AM	Silver Sneakers Classic- <i>APGYM</i>	8:00-9:00AM	Zumba- <i>APGYM</i>
8:00-9:00AM	Strength and Resistance- <i>WFC</i>	8:00-9:00AM	Cardio Strength Fusion- <i>WFC</i>	8:00-8:45AM	Cardiac H2O- <i>Boldt</i>
9:00-9:45AM	DEEP DEVOTION- <i>Boldt</i>	8:00-8:45AM	ARTHRITIS AQUATICS- <i>Guardian</i>	8:15-9:00AM	Guided Meditation- <i>SMBS</i>
9:00-10:00AM	Power Yoga- <i>SMBS</i>	8:45-9:30AM	ARTHRITIS AQUATICS- <i>Guardian</i>	8:55-9:55AM	Reformer 2 -\$
9:00-9:45AM	Group Cycling	8:45-9:45AM	STEP- <i>APGym</i>	9:00-9:45AM	Deep Devotion- <i>Boldt</i>
9:00-10:00AM	Strength and Resistance - <i>WFC</i>	9:00-9:45AM	H2O Fusion- <i>Boldt</i>	9:00-9:45AM	Group Cycling
9:00-10:00AM	Cardio- <i>APGYM</i>	9:00-9:45AM	Group Cycling	9:00-10:00AM	Power Yoga- <i>SMBS</i>
9:00-9:30AM	Synrgy Group Training\$- <i>Wellness Center</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- <i>SMBS</i>	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	Reformer 2-\$	9:00-10:00AM	Reformer Mat Flow-\$	10:00-11:00AM	Pilates/Yoga Fusion - <i>SMBS</i>
10:10-10:55AM	Simply Fit-AP gym	10:00-11:00AM	Zumba - <i>ApGym</i>	10:10-10:55AM	Simply Fit- <i>APGYM</i>
		10:00-11:00AM	Reformer Conditioning-\$		
		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		Lunch Hour Classes	
11:05-11:50AM	Simply Strength- <i>WFC</i>	11:00-12:00PM	Reformer 2-\$	11:05-11:50AM	Simply Strength- <i>WFC</i>
11:00-12:00PM	Reformer 1-\$	11:30-12:00PM	Strength and Resistance Express-FWR	11:00-11:45AM	Zumba Gold- <i>APGYM</i>
11:00-11:45AM	Zumba Gold- <i>APGYM</i>	11:30-12:00PM	TRX \$ ApGym	11:00-11:45PM	Simply Stretch- <i>SMBS</i>
11:10-11:50PM	Meditative Yoga- <i>SMBS</i>	11:30-12:00PM	Synrgy Group Training\$- <i>Wellness Center</i>	12:00-12:45PM	Hatha Yoga- <i>SMBS</i>
12:00-12:30PM	Synrgy Group Training\$- <i>Wellness Center</i>	12:00-12:45PM	H2O STRENGTH/STRETCH- <i>Boldt</i>	12:00-12:45PM	Group Cycling
12:00-12:45PM	Hatha Yoga- <i>SMBS</i>	1:45-3:15PM	Tai Chi- <i>SMBS</i>	12:00-12:45PM	Aqua Zumba- <i>Boldt Pool</i>
12:00-12:45PM	Group Cycling	3:15-4:15PM	Tai Chi for Beginners- <i>SMBS</i>	12:00-12:30PM	Synrgy Group Training\$- <i>Wellness Center</i>
12:00-12:45PM	Aqua Zumba- <i>Boldt</i>	4:15-5:15PM	Aerial Yoga-\$	12:45-1:45PM	Enhance Fitness- <i>APGYM- NEW!!</i>
12:45-1:45PM	Enhance Fitness- <i>APGYM</i>	5:20-6:20PM	Aerial Yoga-\$		
Evening Classes		Evening Classes		Evening Classes	
4:00-5:00PM	Reformer 3-\$	5:30-6:15PM	Strength and Resistance- <i>WFC</i>	4:00-5:00PM	Reformer 3-\$
4:00-4:30PM	Synrgy Group Training\$- <i>Wellness Center</i>	6:15-7:15PM	H2O FUSION- <i>Boldt</i>	4:00-4:30PM	Synrgy Group Training\$- <i>Wellness Center</i>
4:15-5:15PM	Aerial Yoga-\$	6:30-7:30PM	Power Yoga- <i>SMBS</i>	5:15-6:00PM	Reality Rides-Cyclign Studio
4:30-5:15PM	Core- <i>WFC</i>			5:30-6:30PM	Zumba - <i>APGym</i>
4:45-5:30PM	Group Cycling			5:30-6:30PM	MindfulMovement2- <i>SMBS</i>
				6:30-7:45PM	MindfulMovement 1 - <i>SMBS</i>
5:25-6:25PM	Power Yoga- <i>SMBS</i>			6:30-7:30PM	Tai Chi - <i>ApGym</i>
5:45-6:30PM	Group Cycling				
6:00-7:00PM	Zumba- <i>APGYM</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>	5:30-6:15AM	Group Cycling	7:00-8:00AM	H2O FUSION- <i>Boldt</i>
5:30-6:15AM	H2O STRENGTH/STRETCH- <i>Boldt</i>			7:00-7:45AM	Group Cycling
5:30-6:15AM	Hatha Yoga- <i>SMBS</i>	5:45-6:30PM	Bootcamp- <i>APGym</i>		
5:30-6:00AM	Synrgy Group Training\$- <i>Wellness Center</i>	6:30-7:00AM	TRX \$- <i>APGym</i>		
6:15-7:00AM	WATER RUNNING- <i>Boldt</i>	6:30-7:00AM	Synrgy Group Training\$- <i>Wellness Center</i>		
6:30-7:00AM	TRX \$- <i>APGym</i>	7:00-7:45AM	H2O EXERCISE- <i>Boldt/Guardian</i>		
6:45-7:45AM	Reformer 3-\$	8:00-8:45AM	Cardiac H2O- <i>Boldt</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	
7:55-8:40AM	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	ARTHRITIS AQUATICS- <i>Guardian</i>	8:15-9:00AM	Guided Meditation- <i>SMBS</i>	8:00-9:00AM	Zumba- <i>APGYM</i>
8:45-9:30AM	ARTHRITIS AQUATICS- <i>Guardian</i>	9:00-9:45AM	Deep Devotion- <i>Boldt</i>	8:00-8:45AM	Aerial Yoga-\$
8:45-9:30AM	STEP- <i>APGym</i>	9:00-9:45AM	Group Cycling	9:00-10:00AM	Power Yoga- <i>SMBS</i>
8:55-9:55AM	Barre Blended Pilates Refomer -\$	9:00-10:00AM	Power Yoga- <i>SMBS</i>	10:15-11:15AM	Hatha Yoga
9:00-10:00AM	H2O Fusion - <i>Boldt</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>		
9:00-10:00AM	Pilates/Yoga Fusion - <i>SMBS</i>	10:00-11:00AM	Slow Flow Yoga- <i>SMBS</i>		
9:00-9:30AM	Synrgy Group Training\$- <i>Wellness Center</i>	10:00-11:00AM	Reformer 2 \$		
9:30-10:15AM	Zumba - <i>APGym</i>	10:15-11:15AM	Enhance Fitness- <i>APGYM- NEW!!</i>		
10:00-11:00AM	Reformer Conditioning -\$				
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	TRX \$ ApGym	11:00-11:45AM	Simply Stretch- <i>SMBS</i>	8:45-9:30AM	Aqua Zumba- <i>Boldt</i> Pool
11:30-12:00PM	Strength and Resistance Express- <i>FWR</i>	11:00-12:00PM	Reformer 1-\$	10:15-11:30AM	Mindful Movement- <i>SMBS</i>
11:30-12:00PM	Synrgy Group Training\$- <i>Wellness Center</i>	12:00-12:30PM	Synrgy Group Training\$- <i>Wellness Center</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</i> Pool		
3:15-4:15PM	Tai Chi for Beginners- <i>SMBS</i>	12:00-12:45PM	Group Cycling		
Evening Classes		Evening Classes			
4:20-5:20PM	Hatha Yoga- <i>SMBS</i>	4:45-5:30PM	Cardio Barre Blend- <i>APGym</i>		
4:45-5:30PM	Zumba- ApGym	5:30-6:30PM	Aerial Yoga-\$		
5:25-6:25PM	Power Yoga- <i>SMBS</i>				
5:30-6:15PM	Strength and Resistance- <i>WFC</i>				
5:30-6:15PM	Group Cycling				
6:15-7:15PM	H2O FUSION- <i>Boldt</i>				
6:30-7:30PM	Hatha Yoga- <i>SMBS</i>				

\$ = Paid classes # = Pick up a ticket to attend class up to 30 minutes before class.

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.