

The Marsh Group Fitness Studio Schedule

December 3 - 9, 2018

Morning Classes

MON	TUES	WED	THUR	FRI	SAT	SUN
Cycle 6:00 AM Bill West Studio	Body Pump 6:00 AM Tina East Studio	Cycle 6:00 AM Diane West Studio	Body Pump 6:00 AM Shayna East Studio	Cycle 6:00 AM Brenda West Studio	Hatha Yoga 8:00 AM Carelton East Studio	Cont. Vinyasa Yoga 9:00 AM Amanda East Studio (70)
GRIT Strength 6:15 AM (30) Tina East Studio	Gentle Yoga 8:00 AM Zoe East Studio	GRIT Plyo (30) 6:15 AM Claire East Studio	Gentle Kripalu Yoga 8:00 AM Amy East Studio	GRIT (30) 6:15 AM Tina East Studio	GRIT (30) 8:30 AM Tina West Studio	Step & Core 9:15 AM Greg West Studio
Step & Core 8:30 AM Katie East Studio	Intro to GRIT (30) 8:30 AM Andrew West Studio	Tai Chi Practice Grp 7:00 AM West Studio	Intro to GRIT (30) 8:30 AM Andrew West Studio	Step & Core 8:30 AM Greg East Studio	Body Pump 9:15 AM Tina East Studio	Body Pump 10:30 AM Ruth East Studio
Cycle (30) 9:15 AM Shari West Studio	Vinyasa Yoga (70) 9:15 AM Ryan East Studio	Step & Core 8:30 AM Teri East Studio	Vinyasa Yoga 9:15 AM Amanda East Studio	Cycle (30) 9:15 AM Katie West Studio	Cardio Bounce (45) 9:15 AM Ruth West Studio	
Classical Pilates (40) 9:30 AM Kelley East Studio	Body Pump 9:15 AM Ann Marie West Studio	Classical Pilates (40) 9:30 AM Lesley East Studio	Body Pump 9:15 AM Ruth West Studio	Classical Pilates (40) 9:30 AM Kelley East Studio	Cycle 10:30 AM Andrew West Studio	
Yoga Stretch (30) 9:45 AM Shari West Studio	Zumba 10:30 AM Katherine East Studio	Cycle (30) 9:30 AM Amanda West Studio	Flo Motion (45) 10:15 AM Laura East Studio	Core & Stretch (30) 9:45 AM Katie West Studio	Cardio Dance Variety 10:30 AM Rachel (45) East Studio	
Nia 10:15 AM Beth East Studio	BodyRecall & Stretch 11:30 AM Stephanie West Studio	Strength (30) 10:00 AM Amanda West Studio	Barre Express (25) 11:00 AM Laura East Studio	Cardio Barre 10:15 AM Amanda East Studio	Barre Express (25) 11:15 AM Rachel East Studio	
Gentle Krip. Yoga 11:30 AM Amy East Studio		NIA Dance 10:15 AM Beth East Studio		Tai Chi For All! 10:30 AM Stephanie West Studio	Vinyasa Yoga 12:00 PM Ryan East Studio	
Tai Chi / QiGong 11:30 AM Dianna West Studio		Yogilates 11:30 AM Laura East Studio		Gentle Yoga 11:30 AM Amanda East Studio		
		GYROKINESIS 12:30 AM Sonia East Studio				

Afternoon & Evening Classes

Cycle (45) 5:00 PM Brenda East Studio	Slow Vinyasa Yoga 4:30 PM Amanda East Studio	Tai Chi for All! 5:00 PM Stephanie East Studio	Cardio Bounce HIIT 5:30 PM Ruth (45) West Studio	BodyPump 5:30 PM East Studio Laura		Gentle Yoga 5:00 PM East Stephanie
Gentle Krip. Yoga 5:30 PM Liz West Studio	Holiday Bounce & Bev 5:30 PM Ruth (45) West Studio	Cycle (45) 5:00 PM Tracie West Studio	GRIT Plyo Cardio (30) 6:00 AM Mike West Studio			
Body Pump 6:00 PM Gena East Studio	GRIT Strength (30) 6:00 PM Michael East Studio	Body Pump 6:00 PM Katie West Studio				
		Iyengar Yoga for All 6:00 PM Shannyn East (75)				

Group Fitness Classes are 55 minutes in length unless indicated otherwise in parenthesis
 All classes are free of charge to members except for special programming (designated with \$)
 For the most current class information please visit themarsh.com/classes-programs