

The Marsh Group Fitness Studio Schedule

January 7 - 13, 2019

Morning Classes

MON	TUES	WED	THUR	FRI	SAT	SUN
Cycle 6:00 AM Diane West Studio	Body Pump 6:00 AM Liz 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 Shari East Studio (70)
GRIT Strength 6:15 AM (30) Mike East Studio	Gentle Yoga 8:00 AM Liz 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 Shayna East Studio	GRIT (30) 8:30 AM Claire West Studio	Step & Core 9:15 AM Teri West Studio
Step & Core 8:30 AM Teri 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 Liz West Studio	Step & Core 8:30 AM Greg East Studio	Body Pump 9:15:00 AM Laura P East Studio	Body Pump 10:30 AM Tina 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 TBD 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 Lesley East Studio	Body Pump 9:15 AM Katie West Studio	Classical Pilates (40) 9:30 AM Kelley East Studio	Body Pump 9:15 AM Liz West Studio	Classical Pilates (40) 9:30 AM Kelley East Studio	Cycle 10:30 AM Brenda West Studio	
Yoga Stretch (30) 9:45 AM Shari West Studio	Cardio Dance 10:30 AM Liz 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 Liz 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 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	Mediiton Sampler 11:45 AM Liz West 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 TBD 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 Katie		Gentle Yoga 5:00 PM East Stephanie
Gentle Krip. Yoga 5:30 PM Liz West Studio	Cardio Bounce HIIT 5:30 PM Ruth (45) West Studio	Cycle (45) 5:00 PM Bill West Studio	GRIT Plyo Cardio (30) 6:00PM Claire West Studio			
Body Pump 6:00 PM Ruth East Studio	GRIT Strength (30) 6:00 PM Tina East Studio	Body Pump 6:00 PM Ann Marie West Studio	Next week GRIT 6 week series... from the beginning			
TARTING NEXT WEEK 6:30 PM Mike KICKBOXING	Next week GRIT 6 week series... from the beginning	Iyengar Yoga for All 6:00 PM Carrie East (75)	Starting In 2 weeks Vinyasa Flo Yoga 6:30 PM Zoe			

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