

The Marsh Group Fitness Studio Schedule

April 15-21 2019 Spring Schedule

Morning Classes Body Pump & Grit Launch continue...

| 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 Carlton East Studio | |
| 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 Andrew West Studio | |
| Step & Core 8:30 AM Katie East Studio | Intro to GRIT (30) 8:30 AM Andrew West Studio | Step & Core 8:30 AM Teri East 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 Katie East Studio | Happy Easter |
| Cycle (45) 9:00AM Shari West Studio | Vinyasa Yoga (70) 9:15 AM Ryan East Studio | Cycle (45) 9:00 AM Jen West Studio | Vinyasa Yoga 9:15 AM Britta East Studio | Cycle (45) 9:00AM Katie West Studio | Cardio Bounce (45) 9:15 AM Ruth West Studio | to all! |
| Classical Pilates (40) 9:30 AM Lesley East Studio | Body Pump 9:15 AM Katie West Studio | Classical Pilates (40) 9:30 AM Lesley East Studio | Body Pump 9:15 AM Liz West Studio | Classical Pilates (40) 9:30 AM Kelley East Studio | Cycle 10:30 AM Shari West Studio | |
| Yoga Stretch (30) 9:45 AM Shari West Studio | Cardio Dance Variety 10:30 AM Liz East Studio | Barre (45) 10:00 AM Liz West Studio | Flo Motion (45) 10:15 AM Liz East Studio | Core & Stretch (30) 9:45 AM Katie West Studio | Cardio Dance Variety 10:30 AM (I45) East Studio Rachel | |
| Nia 10:15 AM Liz East Studio | BodyRecall & Stretch 11:30 AM Stephanie West Studio | | Barre Express (25) 11:00 AM Liz East Studio | Cardio Barre 10:15 AM Liz East Studio | Barre Express (25) 11:15 AM East Studio Rachel | |
| Gentle Yoga 11:30 AM Amy East Studio | | NIA Dance 10:15 AM Beth East Studio | | Tai Chi for All 10:30:00 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 Nasa East Studio | | |
| | | GYROKINESIS 12:30 AM Sonia East Studio | | | | |

Afternoon & Evening Classes

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| Cycle (45) 5:00 PM Brenda East Studio | Slow Vinyasa Yoga 4:30 PM Nasa East Studio | Tai Chi for All! 5:00 PM Birgit East Studio | H.I.T & Yoga Flow 4:30 PM Brenda cross train today | BodyPump 5:30 PM East Studio Ann Marie | | |
| Gentle Krip. Yoga 5:30 PM Brita West Studio | Cardio Bounce HIIT 5:30 PM Ruth (45) West Studio | Cycle (45) 5:00 PM Bill West Studio | Cardio Bounce HIIT 5:30 PM Ruth (45) West Studio | | | |
| Body Pump 6:00 PM Ruth East Studio | GRIT for Everybody(30) 6:00 PM Michael East Studio | Body Pump 6:00 PM Ann Marie West Studio | GRIT for Everybody(30) 6:00 PM Claire East Studio | | | |
| Kickboxing 6:30 PM Tina West Studio | | Iyengar Yoga for All 6:00 PM Carrie 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