

# The Marsh Group Fitness Studio Schedule

May 13-19 Happy Anniversary!

MON	TUES	WED	THUR	FRI	SAT	SUN
Cycle 6:00 AM Bill 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	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 Andrew West Studio	Step & Core 9:15 AM Teri 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 Laura P East Studio	Body Pump 10:30 AM Ann Marie East Studio
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 TBD 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 Lesley East Studio	Body Pump 9:15 AM Ruth West Studio	Classical Pilates (40) 9:30 AM Kelley Dragon Room	Cycle 10:30 AM Brenda West Studio	
Yoga Stretch (30) 9:45 AM Shari West Studio	Cardio Dance 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 i(l45) 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 Melissa West 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		Creative Tai Ji Chungliang al Huang East 10:30-12PM	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 Dragon Room		
		GYROKINESIS 12:30 AM Sonia East Studio				

## Afternoon & Evening Classes

	Slow Vinyasa Yoga 4:30 PM Nasa East Studio	Tai Chi for All! 5:00 PM Birgit East Studio		BodyPump 5:30 PM East Studio Ann Marie		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	Cardio Bounce HIIT 5:30 PM Liz (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 Tina West Studio	GRIT for Everybody(30) 6:00 PM Claire East Studio			
Kickboxing 6:30 PM Mike West Studio	Everyone Can Ride! 6:30 PM (30 cycle) West Bill	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](http://themarsh.com/classes-programs)

