

The Marsh Group Fitness Studio Schedule

September 9-15 2019 Summer Schedule

Fall schedule starts next week

MON	TUES	WED	THUR	FRI	SAT	SUN
Cycle 6:00 AM Brenda West Studio	Body Pump 6:00 AM tina West Studio	Cycle 6:00 AM Diane West Studio	Body Pump 6:00 AM Shayna East Studio		Hatha Yoga 8:00 AM Carlton East Studio	Cont. Vinyasa Yoga 9:00 AM Shari East Studio (70)
GRIT Strength 5:45 AM (30) Mike East	Gentle Yoga 8:00 AM Liz Dragon Room	GRIT Plyo (30) 6:15 AM Claire East Studio	Gentle Kripalu Yoga 8:00 AM Britta East Studio	GRIT (30) 6:15 AM Shayna East Studio	GRIT (30) 8:30 AM Michael West Studio	Step & Core 9:15 AM Teri West Studio
Kickboxing 6:15 AM (30) Mike		Step & Core 8:30 AM Greg 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 Tina East Studio	Body Pump 10:30 AM Ruth East Studio
Step & Core 8:30 AM Greg East Studio	Vinyasa Yoga (70) 9:15 AM Ryan Dragon Room	Cycle (30) 9:15 AM Brenda West Studio	Vinyasa Yoga 9:15 AM Britta East Studio	Cycle (30) 9:15AM Diane P West	Cardio Bounce (45) 9:15 AM Ruth West Studio	
Cycle (30) 9:15 AM Shari West Studio	Body Pump 9:15 AM Liz 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		
Classical Pilates (40) 9:30 AM Lesley East Studio	Zumba! 10:30 AM Katherine West Studio	Barre (45) 10:00 AM Liz West Studio	Flo Motion 10:15 AM Liz East Studio	Core & Stretch (30) 9:45 AM Diane P West	Cardio Dance Variety 10:30 AM (I45) East Studio Liz	
Yoga Stretch (30) 9:45 AM Shari West Studio	BodyRecall 11:30 AM Stephanie West Studio	NIA Dance 10:15 AM Beth East Studio		Cardio Barre 10:15 AM Melissa East Studio	Barre Express (25) 11:15 AM Liz East Studio	
Nia Dance 10:15 AM Liz East Studio		Yogilates 11:30 AM Laura East Studio		Tai Chi for All 10:30 AM Stephanie West Studio	Vinyasa Yoga 12:00 PM Ryan East Studio	
Gentle Yoga 11:30 AM Niki East Studio		GYROKINESIS 12:30 AM Sonia East Studio		Gentle Yoga 11:30 AM Nasa East Studio		
Tai Chi / QiGong 11:30 Am Dianna West Studio						

Afternoon & Evening Classes

	Slow Vinyasa Yoga 4:30 PM Nasa Dragon Room	Tai Chi for All! 5:00 PM Birgit Dragon Room				Gentle Yoga 5:00 PM East Nasa
Gentle Yoga 5:30 PM Liz West Studio	Cardio Bounce HIIT 5:30 PM Ruth (45) West Studio		Cardio Bounce HIIT 5:30 PM Ruth (45) West Studio			
Body Pump 6:00 PM Ruth East Studio	Kickboxing 6:00 PM Mike	Body Pump 6:00 PM Katie East Studio	GRIT for Everybody(30) 6:00 PM Claire East			
		Iyengar Yoga for All 6:00 PM Nancy Dragon Room				

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