

GROUP EXERCISE MENU

*as of March 17, 2014



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
7:45 am (55 min)	Zumba Jeffrey (2)	5:45 am (50 min)	Spin Lisa (S)	5:45 am (45 min)	Lift It Heidi (2)	5:45 am (50 min)	Spin Kim (S)	7:45 am (55 min)	Zumba Toning Jeffrey (2)	7:00 am (50 min)	Spin Heidi (S)	8:30 am (55 min)	Lift It Jane (2)
8:45 am (50 min)	Spin Kim (S)	9:00 am (55 min)	Lift It Jane (2)	7:45 am (55 min)	Zumba Jeffrey (2)	9:00 am (55 min)	Yogalates Melissa (3) *	8:45 am (50 min)	Spin Kim (S)	8:00 am (55 min)	Vinyasa Yoga Jeffrey (3)	8:30 am (50 min)	H.I.I.T Spin Heidi (S)
9:00 am (55 min)	Barre Assets Jenn (2) *	9:00 am (55 min)	Mat Pilates Keri (3)	8:45 am (50 min)	Spin Ann (S)	9:30 am (55 min)	Tabata B'Camp Kim (2) *	9:00 am (30 min)	Zumba Express Jane (2)	8:30 am (55 min)	H.I.I.T Kathy (2)	9:00 am (55 min)	Vinyasa Yoga Paula (3)
10:00 am (30 min)	Cardio Blast Jenn (2)	10:00 am (50 min)	Spin Kim (S)	9:30 am (55 min)	H.I.I.T Donna (2)	12:15 pm (45 min)	Bootcamp Kristin (2)	9:30 am (30 min)	Barre Assets Jane (3) *	9:30 am (55 min)	Kickboxing Kathy (2)	9:30 am (55 min)	Zumba Jane (2)
10:00 am (55 min)	Synergy Yoga Sharon (3)	12:15 pm (45 min)	Boot Camp Donna (2)	10:00 am (55 min)	Vinyasa Yoga Deanna (3) *	5:00 pm (55 min)	H.I.I.T Jason A (2)	10:00 am (45 min)	Lift It Heidi (2)	9:30 am (50 min)	Spin Donna/Jane (S)		
12:00 pm (30 min)	Spin Donna/Ann (S)	5:00 pm (55 min)	H.I.I.T Jason A (2)	12:00 pm (30 min)	Spin Donna (S)	6:00 pm (55 min)	Lift It Heidi (2)	12:15 pm (45 min)	Power Yoga Ed (3)	10:00 am (55 min)	Hatha Yoga Francine (3)		
12:30 pm (30 min)	Below the Belt Donna/Ann (2)	5:30 pm (55 min)	Mat Pilates Heidi (3)	12:30 pm (30 min)	Core Max Donna (2)	7:00 pm (55 min)	Zumba Jeffrey (2)						
5:00 pm (55 min)	20/20/20 Jeffrey (2)	6:00 pm (55 min)	Lift It Kathy (2)	5:00 pm (55 min)	Step N Sculpt Linda (2)	6:00 pm (55 min)	Vinyasa Yoga Paula (3)						
5:30 pm (50 min)	Spin Sharon (S)	6:30 pm (55 min)	Hatha Yoga Francine (3)	5:30 pm (50 min)	Spin Sharon (S)	7:00 pm (30 min)	Spin Heidi (S)						
6:00 pm (45 min)	B45S Brian (2)	6:30 pm (50 min)	Spin Heidi B (S)	6:00 pm (55 min)	Tabata B'Camp Jeffrey (2)								
7:00 pm (55 min)	Zumba Jeffrey (2)	7:00 pm (55 min)	Kickboxing Kathy (2)	7:00 pm (55 min)	Zumba Johanna (2)								
7:00 pm (55 min)	Vinyasa Yoga Carol (3)	7:30 pm (45 min)	Intro Meditation Jeffrey (3)	7:00 pm (55 min)	Yogalates Jeffrey (3)								

Share Online. Help Others. Win Prizes

You can win \$25 cash for every member you refer.
Plus gain an entry into our grand prize, a week in Cabo!

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Special Six Week Spring Series
YOGA BASICS - Paula | Thursdays at 7 pm - Starts March 20th **NEW!**
TABATA BOOTCAMP - Jeffrey | Fridays at 5 pm - Starts March 21st **NEW!**
STEP N SCULPT - Kathy | Sundays at 10:30 am - Starts March 30th **NEW!**

One Day Special Events!
Monday March 24 9:00am | Team Teach Barre Assets w/ Jen and Jane
Thursday March 27 5:30pm-7:30pm | Yoga & Wine w/ Paula

Legend
 (2) - Studio 2 | (3) - Studio 3 | (S) - Spin Room
 * - New Class!