

**Group Fitness Schedule - Westport**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p><b>5:30am - 6:25am</b> ICG Cycling *(Interval) Walter</p> <p><b>9:15am - 10:10am</b> ICG Cycling *(All-Terrain) Mary</p> <p><b>9:30am - 10:25am</b> 20/20/20 Avery</p> <p><b>9:30am - 10:25am</b> **Pilates Mat Lisa F.</p> <p><b>10:30am - 11:25am</b> REFIT® Mary Jane</p> <p><b>10:30am - 10:25am</b> **Power Vinyasa Flow Debbie</p> <p><b>10:30am - 10:55am</b> INTRO to ICG Cycling *(Intro Class) Mary</p> <p><b>12:00pm - 12:45pm</b> GROUP XPOWER Lisa F.</p> <p><b>12:30pm - 1:15pm</b> **Zumba GOLD Tenley (YOGA RM)</p> <p><b>1:05pm - 1:50pm</b> SilverSneakers Yoga Lisa F.</p> <p><b>5:00pm - 5:55pm</b> GROUP XPOWER Holly</p> <p><b>6:00pm - 6:55pm</b> ZUMBA FITNESS Allison E.</p> <p><b>6:00pm - 6:55pm</b> ICG Cycling *(Strength Ride) Julia</p> <p><b>5:30pm - 5:55pm</b> **INTRO to Pilates Mat Lisa F.</p> <p><b>6:00pm - 6:55pm</b> **Pilates Mat Lisa F.</p> <p><b>7:00pm - 7:55pm</b> **Yoga Flow Jennifer</p>	<p><b>5:30am - 6:25am</b> GROUP XPOWER Lisa F./Elise</p> <p><b>8:15am - 9:10am</b> Total Body Conditioning Debbie</p> <p><b>9:15am - 10:00am</b> STEP Alishia</p> <p><b>9:45am - 10:40am</b> **Yoga Flow Amy M.</p> <p><b>10:00am - 10:55am</b> Barre Works Alishia</p> <p><b>11:00am - 11:55am</b> Getting Into Fitness Patty C.</p> <p><b>12:00pm - 12:45pm</b> ICG Cycling (Lunch Cycle) Lisa F.</p> <p><b>12:15pm - 1:00pm</b> SilverSneakers Classic Patty C.</p> <p><b>5:30pm - 6:25pm</b> ICG Cycling *(All-Terrain) Tarah</p> <p><b>6:00pm - 6:55pm</b> REFIT® Jenna</p> <p><b>7:00pm - 7:55pm</b> PiYo Live! Amanda</p>	<p><b>5:30am - 6:25am</b> ICG Cycling *(All-Terrain) Elise</p> <p><b>9:00am - 9:25am</b> **INTRO to Pilates Mat Amy M./Linda H.</p> <p><b>9:15am - 10:10am</b> ICG Cycling *(All-Terrain) Wendy</p> <p><b>9:30am - 10:25am</b> Interval H.E.A.T. Stephanie</p> <p><b>9:30am - 10:25am</b> **Pilates Mat Amy M./Linda H.</p> <p><b>10:30am - 11:25am</b> REFIT® ZUMBA FITNESS Erika/Cindy</p> <p><b>12:00pm - 12:45pm</b> GROUP XPOWER Debbie</p> <p><b>12:30pm - 1:15pm</b> **Zumba GOLD Tenley (YOGA RM)</p> <p><b>1:05pm - 1:50pm</b> SilverSneakers Yoga Lisa F.</p> <p><b>5:00pm - 5:55pm</b> GROUP XPOWER Holly</p> <p><b>5:30pm - 6:25pm</b> ICG Cycling *(Strength Ride) Dean</p> <p><b>5:30pm - 5:55pm</b> **INTRO to Yoga Lisa F.</p> <p><b>6:00pm - 6:55pm</b> ZUMBA FITNESS Allison E.</p> <p><b>6:00pm - 6:55pm</b> **Pop Pilates Lisa F.</p> <p><b>6:30pm - 7:25pm</b> ICG FTP Test* Dean</p> <p><b>7:00pm - 7:55pm</b> **Yoga Flow Lisa F.</p>	<p><b>5:30am - 6:25am</b> GROUP XPOWER Elise</p> <p><b>8:15am - 9:10am</b> Total Body Conditioning Linda H.</p> <p><b>9:15am - 10:00am</b> Cardio Blast Alishia</p> <p><b>9:15am - 9:40am</b> **INTRO to Yoga Dana S.</p> <p><b>9:45am - 10:40am</b> **Yoga Flow Dana S.</p> <p><b>10:00am - 10:55am</b> Barre Works Alishia</p> <p><b>11:00am - 11:55am</b> Getting Into Fitness Patty C.</p> <p><b>12:00pm - 12:45pm</b> ICG Cycling (Lunch Cycle) Tarah</p> <p><b>12:15pm - 1:00pm</b> SilverSneakers Circuit Patty C.</p> <p><b>5:30pm - 6:25pm</b> ICG Cycling *(Orient./Interval) Dean</p> <p><b>6:00pm - 6:55pm</b> REFIT® Jennifer F.</p> <p><b>6:30pm - 6:55pm</b> INTRO to ICG Cycling *(Intro Class) Dean</p> <p><b>7:00pm - 7:55pm</b> PiYo Live! Amanda</p>	<p><b>5:30am - 6:25am</b> ICG Cycling *(Strength Ride) Tarah</p> <p><b>9:15am - 10:10am</b> ICG Cycling *(All-Terrain) Walter</p> <p><b>9:30am - 10:25am</b> Interval H.E.A.T. Stephanie</p> <p><b>9:30am - 10:25am</b> **Yoga CORE Lisa Y.</p> <p><b>10:45am - 11:30am</b> SilverSneakers Classic Patty C.</p> <p><b>11:00am - 11:55am</b> **Pop Pilates Lisa F.</p> <p><b>12:00pm - 12:45pm</b> GROUP XPOWER Lisa F.</p>	<p><b>8:00am - 8:50am</b> GROUP XPOWER Wendy</p> <p><b>8:00am - 8:55am</b> ICG Cycling *(All-Terrain) Tarah</p> <p><b>9:00am - 9:55am</b> Barre Works Avery</p> <p><b>9:05am - 10:00am</b> ICG Cycling *(Interval) Wendy</p> <p><b>9:30am - 10:25am</b> ZUMBA FITNESS **Allison E. (YOGA RM)</p> <p><b>10:00am - 10:55am</b> STEP Allison M.</p> <p><b>10:30am - 11:15am</b> **Pilates Mat Mira</p> <p><b>11:00am - 11:55pm</b> REFIT® Maranda</p> <p><b>11:30am - 12:25pm</b> **Beg. Yoga Kat</p> <p><b>12:30pm - 1:30pm</b> **Private Yoga \$5.00 charge Kat</p>	<p><b>10:00am - 10:55am</b> ICG Cycling *(Strength Ride) Dean</p> <p><b>11:05am - 12:00pm</b> GROUP XPOWER Elise/Julia/Holly</p>
						<b>Contacts</b>
						<p><b>Alishia Fuller</b> Group Fitness Director <a href="mailto:fuller@athleticclubs.org">fuller@athleticclubs.org</a></p>
						<p><b>Jason Smith</b> General Manager</p>
						<p><b>Dominique Moore</b> Assistant General Manager</p>
					<b>Club Hours</b>	<b>Playroom Hours</b>
					<p><b>Mon - Thurs</b> 5am - 11:30pm</p> <p><b>Friday</b> 5am - 9pm</p> <p><b>Saturday</b> 7am - 8pm</p> <p><b>Sunday</b> 8am - 8pm</p>	<p><b>Mon - Thurs</b> 8:30am-1pm, 4pm-8pm</p> <p><b>Friday</b> 8:30am - 1pm</p> <p><b>Saturday</b> 8:30am - 1pm</p> <p><b>Sunday</b> CLOSED</p>