

Group Fitness Schedule - Westport

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
<p>5:30am - 6:25am ICG Cycling *(Interval) Walter</p>	<p>5:30am - 6:25am XPOWER Lisa F./Elise</p>	<p>5:30am - 6:25am ICG Cycling *(All-Terrain) Elise</p>	<p>5:30am-6:25am XPOWER Elise</p>	<p>5:30am - 6:25am ICG Cycling *(Strength Ride) Tarah</p>			
<p>9:15am - 10:10am ICG Cycling *(All-Terrain) Mary</p>	<p>8:15am - 9:10am Total Body Conditioning Linda H.</p>	<p>9:15am - 10:10am ICG Cycling *(All-Terrain) Tarah</p>	<p>8:15am - 9:10am Total Body Conditioning Debbie</p>	<p>9:15am - 10:10am ICG Cycling *(All-Terrain) Walter</p>	<p>8:00am-8:50am XPOWER Wendy</p>		
<p>9:30am - 10:25am 20/20/20 Avery</p>	<p>9:15am - 10:00am STEP Alishia</p>	<p>9:30am - 10:25am Interval H.E.A.T. Stephanie</p>	<p>9:15am - 10:00am Cardio Blast Alishia</p>	<p>9:30am - 10:25am Interval H.E.A.T. Stephanie</p>	<p>8:00am - 8:55am ICG Cycling *(All-Terrain) Tarah</p>		
<p>9:30am - 10:25am **Pilates Mat Lisa F.</p>	<p>9:45am - 10:40am **Yoga Flow Amy M.</p>	<p>9:30am - 10:25am **Pilates Mat Amy M./Linda H.</p>	<p>9:45am - 10:40am **Yoga Flow Donna M.</p>	<p>9:30am - 10:25am **Yoga CORE Lisa Y.</p>	<p>9:00am - 9:55am Barre Works Avery</p>	<p>10:00am - 10:55am ICG Cycling *(Strength Ride) Dean</p>	
<p>10:30am - 11:25am REFIT® Mary Jane</p>	<p>10:00am - 10:55am Barre Works Alishia</p>	<p>10:30am - 11:25am REFIT® ZUMBA Erika/Cindy</p>	<p>10:00am - 10:55am Barre Works Alishia</p>	<p>10:45am - 11:30am SilverSneakers Classic Patty C.</p>	<p>9:05am - 10:00am ICG Cycling *(Interval) Wendy</p>		
<p>10:30am-11:25am **Power Vinyasa Flow Debbie</p>	<p>11:00am - 11:55am Getting Into Fitness Patty C.</p>		<p>11:00am - 11:55am Getting Into Fitness Patty C.</p>	<p>11:00am - 11:55am **Pop Pilates Lisa F.</p>	<p>9:30am - 10:25am ZUMBA **Allison E. (YOGA RM)</p>	<p>11:05am - 12:00pm XPOWER Elise/ Julia/ Holly</p>	
<p>11:35am - 12:20pm **SilverSneakers Classic Patty C. (YOGA RM)</p>		<p>11:35am - 12:20pm **SilverSneakers Circuit Patty C. (YOGA RM)</p>		<p>12:00pm - 12:45pm XPOWER Lisa F.</p>	<p>10:00am - 10:55am STEP Allison M.</p>		
<p>12:00pm - 12:45pm XPOWER Lisa F.</p>	<p>12:00pm - 12:45pm ICG Cycling (Lunch Cycle) Lisa F.</p>	<p>12:00pm - 12:45pm XPOWER Debbie</p>	<p>12:00pm - 12:45pm ICG Cycling (Lunch Cycle)Tarah</p>	<p>12:00pm - 12:45pm XPOWER Lisa F.</p>	<p>10:30am - 11:15am **Pilates Mat Mira</p>		
<p>12:30pm - 1:15pm **Zumba GOLD Tenley (YOGA RM)</p>	<p>12:15pm - 1:00pm SilverSneakers Classic Patty C.</p>	<p>12:30pm - 1:15pm **Zumba GOLD Tenley (YOGA RM)</p>	<p>12:15pm - 1:00pm SilverSneakers Circuit Patty C.</p>		<p>11:00am - 11:55pm REFIT® Maranda</p>		
<p>1:05pm - 1:50pm SilverSneakers Yoga Lisa F.</p>		<p>1:05pm - 1:50pm SilverSneakers Yoga Lisa F.</p>		<p>1:05pm - 1:50pm SilverSneakers Yoga Debi D.</p>	<p>11:30am - 12:25pm **Beg. Yoga Kat</p>		
<p>5:00pm - 5:55pm XPOWER Holly</p>		<p>5:00pm - 5:55pm XPOWER Holly</p>					
<p>6:00pm - 6:55pm ICG Cycling *(Strength Ride) Julia</p>	<p>5:30pm - 6:25pm ICG Cycling Start in main Group Fitness Rm (HARD CORE Cycling) Elise</p>	<p>5:30pm - 6:25pm ICG Cycling *(Strength Ride) Dean</p>	<p>5:30pm - 6:25pm ICG Cycling *(Orient./Interval) Dean</p>				
<p>6:00pm - 6:55pm ZUMBA Allison E.</p>	<p>6:00pm - 6:55pm REFIT® Jenna</p>	<p>6:00pm - 6:55pm ZUMBA Allison E.</p>	<p>6:00pm - 6:55pm REFIT® Jennifer F.</p>				
<p>6:00pm - 6:55pm **Pilates Mat Lisa F.</p>	<p>7:00pm - 7:55pm PiYo Live! Amanda</p>	<p>6:00pm - 6:55pm **Pop Pilates Lisa F.</p>	<p>7:00pm - 7:55pm PiYo Live! Amanda</p>				
<p>7:00pm - 7:55pm **Yoga Flow Jennifer</p>		<p>6:30pm - 7:25pm ICG FTP Test* Dean</p>					
		<p>7:00pm - 7:55pm **Yoga Flow Lisa F.</p>					
				<p>Club Hours</p> <p>Mon - Thurs 5am - 11:30pm</p> <p>Friday 5am - 9pm</p> <p>Saturday 7am - 8pm</p> <p>Sunday 8am - 8pm</p>	<p>Playroom Hours</p> <p>Mon - Thurs 8:30am-1pm, 4pm-8pm</p> <p>Friday 8:30am - 1pm</p> <p>Saturday 8:30am - 1pm</p> <p>Sunday CLOSED</p>		
					<p>Contacts</p> <p>Alishia Fuller Group Fitness Director fuller@athleticclubs.org</p> <p>Jason Smith General Manager</p> <p>Dominique Moore Assistant General Manager</p>		