










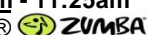



















Group Fitness Schedule - Westport

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30am - 6:25am  <i>ICG Cycling</i> *(Interval) Walter	5:30am - 6:25am  <i>XPOWER</i> Lisa F./Elise	5:30am - 6:25am  <i>ICG Cycling</i> *(All-Terrain) Elise	5:30am-6:25am  <i>XPOWER</i> Elise	5:30am - 6:25am  <i>ICG Cycling</i> *(Strength Ride) Tarah		
9:15am - 10:10am  <i>ICG Cycling</i> *(All-Terrain) Mary	8:15am - 9:10am Total Body Conditioning Linda H.	9:15am - 10:10am  <i>ICG Cycling</i> *(All-Terrain) Walter	8:15am - 9:10am Total Body Conditioning Sherri	9:15am - 10:10am  <i>ICG Cycling</i> *(All-Terrain) Walter	8:00am-8:50am  <i>XPOWER</i> Wendy	
9:30am - 10:25am 20/20/20 Alishia	9:15am - 10:00am STEP Alishia	9:30am - 10:25am Boot Camp Stephanie	9:15am - 10:00am Cardio Blast Alishia	9:30am - 10:25am 20/20/20 Stephanie	8:00am - 8:55am  <i>ICG Cycling</i> *(All-Terrain) Walter	
9:30am - 10:25am **Pilates Mat Lisa F.	9:45am - 10:40am **Yoga Flow Amy M.	9:30am - 10:25am **Pilates Mat Amy M./Linda H.	9:45am - 10:40am **Yoga Flow McKenna	9:30am - 10:25am **Yoga CORE Jen M.	9:00am - 9:55am Barre Works Avery	10:00am - 10:55am  <i>ICG Cycling</i> *(Strength Ride) Dean
10:30am - 11:25am REFIT@ Mary Jane	10:00am - 10:55am Barre Works Alishia	10:30am - 11:25am REFIT@  <i>ZUMBA</i> Erika/Cindy	10:00am - 10:55am Barre Works Alishia	10:45am - 11:30am SilverSneakers Classic Patty C.	9:05am - 10:00am  <i>ICG Cycling</i> *(Interval) Wendy	11:05am - 12:00pm  <i>XPOWER</i> Ivana
10:30am - 11:25am **Power Vinyasa Flow Donna	11:00am - 11:55am Getting Into Fitness Patty C.		11:00am - 11:55am Getting Into Fitness Patty C.	11:00am - 11:55am **Pop Pilates Lisa F.	9:30am - 10:25am  <i>ZUMBA</i> **Allison E. (YOGA RM)	
11:35am - 12:20pm **SilverSneakers Classic Patty C. (YOGA RM)		11:35am - 12:20pm **SilverSneakers Circuit Patty C. (YOGA RM)		12:00pm - 12:45pm  <i>XPOWER</i> Lisa F.	10:00am - 10:55am STEP Alishia	
12:00pm - 12:45pm  <i>XPOWER</i> Lisa F.	12:00pm - 12:45pm  <i>ICG Cycling</i> (Lunch Cycle) Lisa F.	12:00pm - 12:45pm  <i>XPOWER</i> Jenna	12:00pm - 12:45pm  <i>ICG Cycling</i> (Lunch Cycle) Mary		10:30am - 11:15am **Pilates Mat Mira	
12:30pm - 1:15pm **Zumba GOLD Tenley (YOGA RM)	12:15pm - 1:00pm SilverSneakers Classic Patty C.	12:30pm - 1:15pm **Zumba GOLD Tenley (YOGA RM)	12:15pm - 1:00pm SilverSneakers Circuit Patty C.		11:00am - 11:55pm REFIT@ Maranda	
1:05pm - 1:50pm SilverSneakers Yoga Lisa F.		1:05pm - 1:50pm SilverSneakers Yoga Lisa F.		1:05pm - 1:50pm SilverSneakers Yoga Debi D.	11:30am - 12:25pm **Beg. Yoga Kat	
5:00pm - 5:55pm  <i>XPOWER</i> Holly		5:00pm - 5:55pm  <i>XPOWER</i> Holly				
6:00pm - 6:55pm  <i>ICG Cycling</i> *(Strength Ride) Julia	5:30pm - 6:25pm  <i>ICG Cycling</i> Start in main Group Fitness Rm (Hard Core Cycling) Elise	5:30pm - 6:25pm  <i>ICG Cycling</i> *(Strength Ride) Dean	5:30pm - 6:25pm  <i>ICG Cycling</i> *(Interval) Dean			
6:00pm - 6:55pm  <i>ZUMBA</i> Allison E.	6:00pm - 6:55pm REFIT@ Jenna	6:00pm - 6:55pm  <i>ZUMBA</i> Allison E.	6:00pm - 6:55pm REFIT@ Jennifer F.			
6:00pm - 6:55pm **Pilates Mat Lisa F.		6:00pm - 6:55pm **Pop Pilates Lisa F.				
	7:00pm - 7:55pm PiYo Live! Amanda	6:30pm - 7:25pm  <i>ICG Intro Cycling</i> *(Beginner) Dean	7:00pm - 7:55pm PiYo Live! Amanda			
7:00pm - 7:55pm **Yoga Flow Jennifer		7:00pm - 7:55pm **Yoga Flow Lisa F.				

Contacts

Alishia Fuller
Group Fitness Director
afuller@athleticclubs.org

Jason Smith
General Manager

Dominique Moore
Assistant General Manager

Club Hours

Mon - Thurs
5am - 11:30pm

Friday
5am - 9pm
Saturday
7am - 8pm
Sunday
8am - 8pm

Playroom Hours

Mon - Thurs
8:30am-1pm, 4pm-8pm

Friday
8:30am - 1pm
Saturday
8:30am - 1pm
Sunday
CLOSED