

2017 SUMMER GROUP FITNESS CLASSES

Esic Center Only | 12+ Yrs.

FULL PRIVILEGE MEMBERS: FREE • BASIC MEMBERS: \$2 • NON-MEMBERS: \$5

YOGA CLASSES IN BLUE BOXES ARE 5-WEEK SESSIONS & ARE NOT OFFERED IN A "DROP-IN" SETTING.



EFFECTIVE MAY 30TH - AUGUST 27TH • SESSION CLASSES BEGIN JUNE 5TH & JULY 10TH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
CARDIO BLAST AM 5:45-6:45am CINDY ZUELIENE	BOOT CAMP CONDITIONING 5:30-6:00am NICOLE SCHAPMAN	CARDIO BLAST AM 5:45-6:45am CINDY ZUELIENE	BOOT CAMP CONDITIONING 5:30-6:00am NICOLE SCHAPMAN	CARDIO BLAST AM 5:45-6:45am CINDY ZUELIENE	
TAI CHI 7:30-8:25am TOM ENGLERT	WALK-15 AEROBICS 7:30-8:15am KATE ZABOTKA	TAI CHI 7:30-8:25am TOM ENGLERT	WALK-15 AEROBICS 7:30-8:15am KATE ZABOTKA	TAI CHI 7:30-8:25am TOM ENGLERT	CARDIO BLAST AM 7:30-8:25am CINDY ZUELIENE
AEROBICS 101 8:30-9:25am ANNA JAWORSKI	BEG. / INTERMED. YOGA 8:30-9:25am RUTH KUBICEK	AEROBICS 101 8:30-9:25am ANNA JAWORSKI	BEG. / INTERMED. YOGA 8:30-9:25am RUTH KUBICEK	AEROBICS 101 8:30-9:25am ANNA JAWORSKI	BOOT CAMP CONDITIONING 8:30-9:25am LAILA GAGNON
TURBO KICK 9:30-10:25am AMY NESBIT	BOOT CAMP CONDITIONING 9:30-10:25am AMY NESBIT	TOTAL BODY TONING 9:30-10:25am NICOLE SCHAPMAN	TURBO KICK 9:30-10:25am NICOLE SCHAPMAN	BOOT CAMP CONDITIONING 9:30-10:25am NICOLE SCHAPMAN	GENTLE YOGA 9:30-10:25am RUTH KUBICEK
ZUMBA 10:30-11:25am LAURA GILOMEN	BEG. / INTERMED. YOGA 10:30-11:25am CATHERINE JACKSON	ZUMBA 10:30-11:25am LAURA GILOMEN	BEG. / INTERMED. YOGA 10:30-11:25am CATHERINE JACKSON	ZUMBA 10:30-11:25am LAURA GILOMEN	ZUMBA 10:30-11:25am ALICIA GIHRING
	LUNCHTIME EXPRESS 12:10-12:50pm LARA COLLMANN	ZUMBA TONING 11:30am-12:00pm LAURA GILOMEN	LUNCHTIME EXPRESS 12:10-12:50pm LARA COLLMANN		
AWESOME ABS 4:30-4:55pm LARA COLLMANN		TABATA 5:00-5:25pm LIZ DARNELL		ZUMBA 6:00-6:55pm CRISTINA DEMEO	
TOTAL BODY TONING 5:00-5:55pm LARA COLLMANN	CORE & MORE 5:30-5:55pm ELISA MALLRICH	AWESOME ABS 5:30-5:55pm LIZ DARNELL	CORE & MORE 5:30-5:55pm ELISA MALLRICH	<p>ADDITIONAL CLASSES HELD IN THE ACTIVITY ROOM OR GYMNASIUM!</p> <p>MEYER DROP-IN FITNESS CLASSES RETURN THIS FALL*!</p> <p>*SILVERSNEAKERS WILL STILL BE HELD THIS SUMMER!</p>	
STRENGTH TRAINING/ HIIT CARDIO 6:00-6:55pm LIZ DARNELL	GENTLE YOGA 6:00-6:50pm SHERIE O'BRIEN	TOTAL BODY TONING 6:00-6:55pm PATTY WOOFF	BOOT CAMP CONDITIONING 6:00-6:55pm EMILY SMITH		
ZUMBA 7:00-7:55pm JULIE FLEMING	BOOT CAMP CONDITIONING 7:00-7:55pm LACEY LUITJOHAN	ZUMBA 7:00-7:55pm ALICIA GIHRING	BEG. / INTERMED. YOGA 7:00-7:55pm RUTH KUBICEK		
BEG. / INTERMED. YOGA 8:00-8:55pm CATHERINE JACKSON	ZUMBA 8:00-8:55pm LAURA GILOMEN	RESTORATIVE YOGA 8:00-8:55pm SHERIE O'BRIEN			

2017 SUMMER GROUP FITNESS CLASSES

Esic Center Only* | 12+ Yrs. *SilverSneakers At Both Locations

FULL PRIVILEGE MEMBERS: FREE • BASIC MEMBERS: \$2 • NON-MEMBERS: \$5

CLASSES IN TEAL BOXES ARE 5-WEEK SESSIONS & ARE NOT OFFERED IN A "DROP-IN" SETTING.



EFFECTIVE MAY 30TH – AUGUST 27TH • SESSION CLASSES BEGIN JUNE 5TH & JULY 10TH

ESIC UPSTAIRS ACTIVITY ROOM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			PIYO 8:30 – 9:25am AMY NESBIT	VINYASA YOGA 9:00 – 9:55am AMY NESBIT
BARRE 10:30 – 11:25am MARY TEBBE				BARRE 10:30 – 11:25am MARY TEBBE
	CHAIR YOGA 12:30 – 1:25pm JULIE HAMILTON		CHAIR YOGA 12:30 – 1:25pm JULIE HAMILTON	
	BARRE 7:00 – 7:55pm MARY TEBBE			

CLASSES IN THE TEAL BOXES ARE ONLY OFFERED IN A SESSIONAL FORMAT

VINYASA YOGA | MEMBERS \$25 • NON-MEMBERS \$40

BARRE | MEMBERS \$32 • NON-MEMBERS \$48

ESIC OR MEYER GYMNASIUM

SILVERSNEAKERS & FULL PRIVILEGE MEMBERS FREE • BASIC MEMBERS \$2 • NON-MEMBER \$5

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SILVERSNEAKERS CLASSIC 8:00 – 8:50am MARY TEBBE MEYER	SILVERSNEAKERS CLASSIC 8:30 – 9:25am CASSANDRA MARTIN ESIC	SILVERSNEAKERS CLASSIC 8:00 – 8:50am MARY TEBBE MEYER	SILVERSNEAKERS CLASSIC 8:30 – 9:25am CASSANDRA MARTIN ESIC	