

2017 WINTER/SPRING GROUP FITNESS CLASSES

Esic Center Only | 12+ Yrs.

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



EFFECTIVE JANUARY 16TH - MAY 28TH
SESSION CLASSES BEGIN JAN. 2ND, FEB. 20TH & APRIL 17TH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
CARDIO BLAST AM 5:45-6:45am PAULA NOEL	BOOT CAMP CONDITIONING 5:30-6:00am NICOLE SCHAPMAN	CARDIO BLAST AM 5:45-6:45am PAULA NOEL	BOOT CAMP CONDITIONING 5:30-6:00am NICOLE SCHAPMAN	CARDIO BLAST AM 5:45-6:45am PAULA NOEL	
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 PAULA NOEL
AEROBICS 101 8:30-9:25am ANNA JAWORSKI	BEG. / INTERMED. YOGA 8:30-9:25am RUTH KUBICEK	AEROBICS 101 8:30-9:25am AMY NESBIT	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 STACEY STUFFLEBEAM	ZUMBA 10:30-11:25am LAURA GILOMEN	BEG. / INTERMED. YOGA 10:30-11:25am STACEY STUFFLEBEAM	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 5:30-6:25pm 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	SPECIAL CLASSES RESTORATIVE YOGA FRIDAYS: FEB. 10TH, MARCH 3RD & APRIL 7TH 7:30-9:00PM MEMBERS: \$10 NON-MEMBERS: \$20	
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	STRENGTH TRAINING/ HIIT CARDIO 6:00-6:55pm KATIE ANDERSON		
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 STACEY STUFFLEBEAM		
BEG. / INTERMED. YOGA 8:00-8:55pm STACEY STUFFLEBEAM	ZUMBA 8:00-8:55pm LAURA GILOMEN	RESTORATIVE YOGA 8:00-8:55pm AMY NESBIT	BOOT CAMP CONDITIONING 8:00-8:55pm EMILY SMITH		

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ESIC UPSTAIRS ACTIVITY ROOM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
DANCE FITNESS 8:30 - 9:25am REBECCA BIETHMAN		DANCE FITNESS 8:30 - 9:25am REBECCA BIETHMAN	PIYO 8:30 - 9:25am AMY NESBIT	VINYASA 9:00 - 9:55am AMY NESBIT
BARRE 10:30 - 11:25am MARY TEBBE				BARRE 10:30 - 11:25am MARY TEBBE
	CHAIR YOGA 12:30 - 1:30pm JULIE HAMILTON		CHAIR YOGA 12:30 - 1:30pm JULIE HAMILTON	
	BARRE 7:00 - 7:55pm MARY TEBBE	MARTIAL ART CONDITIONING 8:15 - 9:00pm MAREITH HARRIS		

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

VINYASA *NEW* | MEMBERS \$35 • NON-MEMBERS \$56
MIXED MARTIAL ART CONDITIONING | MEMBERS \$35 • NON-MEMBERS \$56
BARRE | MEMBERS \$45 • NON-MEMBERS \$61

ESIC GYMNASIUM

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	SILVERSNEAKERS CLASSIC 8:30 - 9:25am PAULA NOEL		SILVERSNEAKERS CLASSIC 8:30 - 9:25am PAULA NOEL	

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EFFECTIVE JANUARY 16TH – MAY 28TH
 SESSION CLASSES BEGIN JAN. 2ND, FEB. 20TH & APRIL 17TH
 NO CLASSES APRIL 10TH – 16TH

MEYER UPSTAIRS BONUS ROOM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
TOTAL BODY STRENGTH 9:30-10:25am HEATHER SCHWAEGL		TOTAL BODY STRENGTH 9:30-10:25am LIZ DARNELL		AWESOME ABS 9:30-9:55am ANN MCLEAN
VINYASA 10:30 – 11:25am CATHERINE JACKSON			TABATA 10:30-11:00am LIZ DARNELL	ROCK THE TOP/ ROCK THE BOTTOM (Alternates Each Week) 10:00-10:30am ANN MCLEAN
LUNCHTIME EXPRESS 12:10-12:50pm KATIE ANDERSON		LUNCHTIME EXPRESS 12:10-12:50pm LIZ DARNELL		
	AWESOME ABS 6:05-6:30pm STEFANIE HAMPTON	AWESOME ABS 6:05-6:30pm LARA COLLMANN	AWESOME ABS 6:05-6:30pm STEFANIE HAMPTON	
	ROCK BODY 6:35-7:30pm HEATHER SCHWAEGL		ROCK BODY 6:35-7:30pm HEATHER SCHWAEGL	

CLASS IN BLUE BOX IS ONLY OFFERED IN A SESSIONAL FORMAT

VINYASA *NEW* | MEMBERS \$35 • NON-MEMBERS \$56

MEYER GYMNASIUM

SILVERSNEAKERS CLASSIC *NEW TIME* • MON & WED • 8:30-9:25AM | LIZ DARNELL
 SILVERSNEAKERS & FULL PRIVILEGE MEMBERS FREE • BASIC MEMBERS \$2 • NON-MEMBER \$5