

2017 WINTER/SPRING GROUP FITNESS CLASSES

Esic Center Only | 12+ Yrs.

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



EFFECTIVE APRIL 3RD – MAY 28TH • SPRING SESSION CLASSES BEGIN 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 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>SPECIAL CLASSES</p> <p>RESTORATIVE YOGA</p> <p>FRIDAY, APRIL 7TH</p> <p>7:30-9:00PM</p> <p>MEMBERS: \$10</p> <p>NON-MEMBERS: \$20</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 STACEY STUFFLEBEAM		
BEG. / INTERMED. YOGA 8:00-8:55pm STACEY STUFFLEBEAM	ZUMBA 8:00-8:55pm LAURA GILOMEN				

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ESIC UPSTAIRS ACTIVITY ROOM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
DANCE FITNESS 8:30 - 9:25am MELODY SEVER		DANCE FITNESS 8:30 - 9:25am MELODY SEVER	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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FULL PRIVILEGE MEMBERS: FREE • BASIC MEMBERS: \$2 • NON-MEMBERS: \$5



EFFECTIVE APRIL 3RD – MAY 28TH • SPRING SESSION CLASSES BEGIN APRIL 17TH
NO CLASSES APRIL 10TH – 16TH

MEYER UPSTAIRS BONUS ROOM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SILVERSNEAKERS CLASSIC 8:30 - 9:25am MARY TEBBY MEYER GYMNASIUM		SILVERSNEAKERS CLASSIC 8:30 - 9:25am MARY TEBBY MEYER GYMNASIUM		
TOTAL BODY STRENGTH 9:30-10:25am HEATHER SCHWAEGEL		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 LARA COLLMANN		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 SCHWAEGEL		ROCK BODY 6:35-7:30pm HEATHER SCHWAEGEL	

CLASS IN BLUE BOX IS ONLY OFFERED IN A SESSIONAL FORMAT
VINYASA *NEW* | MEMBERS \$35 • NON-MEMBERS \$56