

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-6:45 CS <b>Cycle Express</b> Susu Glynn	5:30-6:00 MS <b>GRIT™ Strength</b> Alex Yu	6:00-6:45 CS <b>CLUB CYCLING™</b> Christian Noni	5:30-6:00 MS <b>GRIT™ Strength</b> Alex Yu	6:00-6:45 CS <b>Cycle Express</b> Angela Cottrell	8:00-9:00 CS <b>Mountain Xtreme</b> Mike Owens	8:00-9:00 BC <b>Boxing Boot Camp</b> Multiple Instructors
6:00-6:45 MS <b>BODYPUMP™ Express</b> Monica Mallory	5:45-6:30 CS <b>Cycle Express</b> Sandy Krigel	6:00-7:00 TC <b>Intro to Cardio Tennis</b> Ryan Wall	5:45-6:30 CS <b>Cycle Express</b> Matthew Smith	6:00-6:45 MS <b>Strength &amp; Burn</b> Joey Betzen	8:00-8:50 MS <b>Sculpt Fusion</b> Jessie Gumbs	8:30-9:30 MS <b>Strength Train 101</b> Jeffrey McDaniel
6:30-7:30 YS <b>Hatha Yoga L1</b> Annamarie Weddle	6:00-6:45 MS <b>Center Barre</b> Matt Araiza	6:00-6:45 MS <b>BODYPUMP™ Express</b> Clarke Hammes	6:00-6:45 MS <b>Cardio Sculpt HIIT</b> Jessie Gumbs	6:30-7:30 YS <b>Vinyasa L2</b> Annamarie Weddle	8:30-9:15 BC <b>Power Pilates Mat</b> Christian Noni	9:00-10:15 YS <b>Power Vinyasa L2-L3</b> Erran Gilchrist
8:30-9:45 YS <b>Hatha Yoga L1-L2</b> Patricia Gray	6:00-7:00 TC <b>Cardio Tennis</b> Grant Fleming	6:30-7:30 YS <b>Vinyasa L1-L2</b> Patricia Gray	6:00-7:00 TC <b>Cardio Tennis</b> Grant Fleming	8:30-9:30 MS <b>Sculpt Fusion</b> Stephanie Ruch	8:30-9:30 TC <b>Cardio Tennis</b> Grant Fleming	9:30-10:00 MS <b>Pyramid Cardio</b> Jodie Schnakenberg
8:30-9:15 MS <b>C.S.I</b> Shelby Chadd	8:30-9:30 MS <b>Steptacular</b> Denise Sarver	8:30-9:30 CS <b>Power Hour</b> Susu Glynn	8:30-9:45 YS <b>Hatha Yoga L1</b> Mara Colbert	8:30-9:45 YS <b>Hatha Yoga L1-L2</b> Sumya Anani	8:45-10:00 YS <b>Power Vinyasa L2</b> Taylor Deeds	10:00-10:45 MS <b>BODYPUMP Express</b> Jodie Schnakenberg
8:30-9:30 CS <b>Power Hour</b> Denise Sarver	8:30-9:45 YS <b>Hatha Yoga L1-L2</b> Lisa Murphy	8:30-9:15 MS <b>Body Sculpt</b> Seraphine Naeymi	8:30-9:30 MS <b>BODYPUMP™</b> Mallory McDonald	8:30-9:30 BC <b>Steptacular</b> Denise Sarver	9:00-9:30 MS <b>GRIT™ Cardio</b> Stephanie Ruch	9:30-10:30 CS <b>Power Hour</b> Markey Schleih
8:30-9:30 TC <b>Cardio Tennis</b> Grant Fleming	8:30-9:00 BC <b>GRIT™ Cardio</b> Mallory Mahoney	8:30-9:45 YS <b>Restorative Yoga L1</b> Sub Instructor	9:30-10:20 MS <b>Barre + Pilates Fusion</b> Seraphine Naeymi	9:30-10:30 BC <b>Power Pilates Mat</b> Seraphine Naeymi	9:30-10:30 CS <b>Pedal &amp; Pump</b> Jeffrey McDaniel	11:00-11:50 MS <b>Zumba™</b> Sub Instructor
9:30-10:30 MS <b>BODYPUMP™</b> Stephanie Ruch	9:00-9:15 BC <b>HardCORE Cuts</b> Mallory Mahoney	9:30-10:30 MS <b>BODYPUMP™</b> Stephanie Ruch	10:00-10:50 YS <b>PiYo L1</b> Liz Cooper	9:30-10:30 MS <b>BODYPUMP™</b> Katie Strahan	9:45-10:30 MS <b>BODYPUMP™ Express</b> Stephanie Marquess	11:30-12:45 YS <b>Hatha Yoga L2</b> Annamarie Weddle
10:00-11:00 YS <b>Yoga Basics L1</b> Lisa Murphy	9:30-10:20 MS <b>Barre + Pilates Fusion</b> Seraphine Naeymi	10:00-11:00 YS <b>Yoga Basics L1</b> Carrah Quigley		10:00-11:00 YS <b>Yoga Basics L1</b> Jordan Ryan	10:15-11:15 YS <b>Strengthen &amp; Stretch</b> Nicole Kube	4:00-5:15 YS <b>Vinyasa Yoga L2</b> Julia Harkleroad
10:00-10:45 IP <b>Active Age: Aqua Cardio</b> Denise Sarver	10:30-11:15 MS <b>Active Age: Aerobics &amp; Strength</b> Teri Higginbotham	10:30-11:30 MS <b>Active Age: Tone &amp; Balance</b> Denise Sarver		10:00-10:45 IP <b>Aqua Blast</b> Denise Sarver	10:30-11:30 BC <b>Center Barre</b> Danielle Enriquez-Fowler	
					10:30-11:00 MS <b>Cardiobox</b> Stephanie Marquess	
12:00-12:30 MS <b>GRIT™ Strength</b> Monica Erdmann	12:00-12:45 CS <b>Cycle Express</b> Shelby Chadd	11:05-11:20 YS <b>Meditation</b> Carrah Quigley	12:00-12:45 CS <b>Cycle Express</b> Shelby Chadd	12:00-12:30 MS <b>Strength &amp; Burn</b> Christian Noni	11:15-12:15 MS <b>BODYPUMP™</b> Anne Ruch	
12:00-1:00 YS <b>Power Vinyasa L2-L3</b> Erran Gilchrist		12:00-12:30 MS <b>Strength &amp; Burn</b> Christian Noni	12:00-1:00 YS <b>Power Vinyasa L2</b> Mike Owens		11:30-12:45 YS <b>Hatha Yoga L1-L2</b> Patricia Gray	
4:45-5:30 MS <b>BEST BUTT NOW</b> Jodie Schnakenberg		4:45-5:30 MS <b>BEST BUTT NOW</b> Jodie Schnakenberg		4:45-5:30 MS <b>Pyramid Cardio</b> Jodie Schnakenberg		
5:00-5:45 CS <b>Cycle Express</b> Matthew S.   Mike O.	5:30-6:20 CS <b>Cycle Express</b> Jodie Schnakenberg	5:30-6:00 MS <b>Pyramid Cardio</b> Jodie Schnakenberg	5:30-6:20 MS <b>Cycle Express</b> Jodie Schnakenberg	5:15-6:15 YS <b>Power Vinyasa L2-L3</b> Erran Gilchrist		
5:30-6:00 MS <b>GRIT™ Plyo</b> Mallory McDonald	5:30-6:00 BC <b>Strength &amp; Burn</b> Casey Pessetto	5:30-6:45 YS <b>Power Vinyasa L2</b> Taylor Deeds	5:30-6:20 MS <b>Center Barre</b> Matt Araiza	5:35-6:30 MS <b>Strength Train 101</b> Jodie Schnakenberg		
5:30-6:45 YS <b>Power Vinyasa L2-L3</b> Erran Gilchrist	5:30-6:20 MS <b>Power Pilates Mat</b> Seraphine Naeymi	5:45-6:45 BC <b>Boxing Boot Camp</b> Casey Pessetto	5:30-6:00 BC <b>Strength &amp; Burn</b> Mallory Mahoney			
5:45-6:35 BC <b>ELITE</b> Jack Reilly	5:45-7:00 YS <b>Ashtanga Yoga L1-L2</b> Jordan Ryan	6:00-6:50 CS <b>Cycle Express</b> Denise Sarver	5:30-6:45 YS <b>Vinyasa Yoga L1-L2</b> Patricia Gray			
6:00-7:00 CS <b>Pedal &amp; Pump</b> Jeffrey McDaniel	6:00-7:00 TC <b>Cardio Tennis</b> Grant Fleming	6:00-7:00 TC <b>Intro to Cardio Tennis</b> Ryan Wall	6:30-7:15 MS <b>BODYPUMP™ Express</b> Jodie Schankenber			
6:00-7:00 TC <b>TRX Cardio Tennis</b> Casey P.   Grant F.	6:30-7:15 MS <b>BODYPUMP™ Express</b> Jodie Schnakenberg	6:00-7:00 MS <b>BODYPUMP™</b> Anne Ruch	7:00-8:00 YS <b>Yoga Basics L1</b> Mike Owens			
6:00-7:00 MS <b>BODYPUMP™</b> Anne Ruch	7:00-8:15 BC <b>Tai Chi</b> Joe Estrada	7:00-7:30 MS <b>CXWORX™</b> Anne Ruch				
7:00-8:15 YS <b>Restorative Yoga L1</b> Beth Hoenscheidt	7:15-8:30 YS <b>Vinyasa L1</b> Beth Hoenscheidt	7:00-8:00 YS <b>Hatha Yoga L1</b> Annamarie Weddle				
7:00-7:30 MS <b>CXWORX™</b> Anne Ruch						



### CLASS LOCATION KEY

MS	<b>Main Studio</b>	CS	<b>Cycling Studio</b>
YS	<b>Yoga Studio</b>	BC	<b>Basketball Court</b>
AP	<b>Adult Pool</b>	TC	<b>Tennis Court</b>
PS	<b>Pilates Studio</b>	IP	<b>Indoor Pool</b>

All classes in bold must be pre-booked online via My Woodside.

# JANUARY 2019 GROUP FITNESS SCHEDULE

For all fee-based offerings, including Small Group Training, Pilates and Bootcamps, browse and sign-up on My Woodside.