

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-6:45 CS • <b>Cycle Express</b> Angela Cottrell	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> Cara Duke	8:00-9:00 CS • <b>Performance Cycle</b> Mike Owens	8:30-9:15 CS • <b>Cycle Express</b> Sarah Buchanan
6:00-6:45 MS <b>BODYPUMP™ Express</b> Monica Mallory	5:45-6:30 CS <b>Performance Cycle</b> Sandy Krigel	6:00-7:00 TC <b>Intro   Cardio Tennis</b> Ryan Wall	5:45-6:30 CS <b>Performance Cycle</b> Matthew Smith	6:00-6:45 MS <b>Strength &amp; Burn</b> Joey Betzen	8:00-8:50 MS <b>Cardio Sculpt HIIT</b> Jessie Gumbs	8:00-9:00 MS <b>Boxing Boot Camp</b> Joey Betzen
6:30-7:30 YS <b>Hatha Yoga L1</b> Brook Campbell	6:00-6:45 MS <b>Barre Sculpt</b> Jessie Gumbs	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>Hatha Yoga L1</b> Taylor Rees	8:30-9:15 BC <b>Power Pilates Mat</b> Christian Noni	8:30-9:30 MS <b>Strength Train 101</b> Jeffrey McDaniel
8:30-9:45 YS <b>Hatha Yoga L1</b> Patricia Gray	6:00-7:00 YS <b>Power Vinyasa L1</b> Sarah Buchanan	6:30-7:30 YS <b>Vinyasa L1</b> Kayla Hutchings	6:00-7:00 YS <b>Power Vinyasa L2</b> Celeste Ellis	8:30-9:20 MS <b>Sculpt Fusion</b> Jessie Gumbs	8:30-9:30 TC <b>Cardio Tennis</b> Grant Fleming	9:00-10:15 YS <b>Power Vinyasa L2</b> Brook Campbell
8:30-9:15 MS <b>Strength &amp; Burn</b> Shelby Chadd	6:00-7:00 TC <b>Cardio Tennis</b> Grant Fleming	8:30-9:30 CS • <b>Studio Cycle</b> Susu Glynn	6:00-7:00 TC <b>Cardio Tennis</b> Grant Fleming	8:30-9:45 YS <b>Hatha Yoga L1</b> Sumya Anani	8:45-10:00 YS <b>Power Vinyasa L2</b> Kayla Hutchings	10:00-10:45 MS <b>BODYPUMP™ Express</b> Jodie Schnakenberg
8:30-9:20 CS • <b>Cycle Express</b> Sarah Buchanan	8:30-9:30 BC <b>Steptacular</b> Denise Sarver	8:30-9:15 MS <b>BEST BUTT NOW</b> Callie Cramer	8:30-9:45 YS <b>Vinyasa Yoga L1</b> Julia Harkleroad	8:30-9:30 BC <b>Steptacular</b> Denise Sarver	9:00-9:45 IP <b>Aqua Blast</b> Denise Sarver	9:30-10:30 CS • <b>Performance Cycle</b> Markey Schleih
8:30-9:30 TC <b>Cardio Tennis</b> Grant Fleming	8:30-9:45 YS <b>Hatha Yoga L1</b> Lisa Murphy	8:30-9:45 YS <b>Yin Yoga L1</b> Seraphine Naeymi	8:30-9:20 MS <b>BODYPUMP™</b> Michele Morgan	9:30-10:30 BC <b>Power Pilates Mat</b> Seraphine Naeymi	9:00-9:30 MS <b>GRIT™ Cardio</b> Mallory Mahoney	11:00-11:50 MS <b>BODYJAM™</b> Marisa Sheehy
9:30-10:20 MS <b>BODYPUMP™</b> Wes Mikel	8:30-9:15 MS <b>GRIT™ Cardio</b> Mallory Mahoney	9:30-10:20 MS <b>BODYPUMP™</b> Michele Morgan	9:00-9:50 CS • <b>Cycle Express</b> Denise Sarver	9:30-10:30 MS <b>BODYPUMP™</b> Anne Ruch	9:30-10:30 CS • <b>Studio Cycle</b> Jeffrey McDaniel	11:30-12:45 YS <b>Hatha Yoga L2</b> Maria Cuevas
10:00-11:00 YS <b>Yoga Basics L1</b> Lisa Murphy	9:00-9:50 CS • <b>Cycle Express</b> Kelsey Brookner	10:00-11:15 YS <b>Yoga Basics L1 &amp; Meditation</b> Carrah Quigley	9:30-10:20 MS <b>Modérne Barre</b> Seraphine Naeymi	10:00-11:00 YS <b>Yoga Basics L1</b> Jordan Ryan	9:45-10:30 MS <b>SHOCK + SHRED</b> Clarke Hammes	4:00-5:15 YS <b>Vinyasa Yoga L2</b> Carrah Quigley
10:30-11:20 MS <b>Active Series: Sculpt</b> Teri Higginbotham	9:00-9:15 MS <b>Modérne Barre</b> Seraphine Naeymi		10:00-10:45 IP <b>Active Series: Aqua</b> Denise Sarver		10:30-10:45 MS <b>HardCORE Cuts</b> Clarke Hammes	
	10:00-10:45 IP <b>Active Series: Aqua</b> Denise Sarver				10:15-11:15 YS <b>Roll + Release</b> Christian Noni	
					10:30-11:20 BC <b>Barre Sculpt</b> Danielle Fowler	
12:00-12:30 MS • <b>SHOCK + SHRED</b> Jackie Sciara	12:00-12:45 CS • <b>Cycle Express</b> Shelby Chadd	12:00-12:30 MS • <b>SHOCK + SHRED</b> Caitlin Katz	12:00-12:45 CS • <b>Cycle Express</b> Shelby Chadd	12:00-12:30 MS • <b>SHOCK + SHRED</b> Kaleb Wersland		
12:00-1:00 YS <b>Power Vinyasa L2</b> Taylor Deeds	12:00-1:00 YS <b>Power Vinyasa L2</b> Sarah Buchanan		12:00-1:00 YS <b>Power Vinyasa L2</b> Mike Owens		11:00-12:00 MS <b>BODYPUMP™</b> Anne Ruch	

4:45-5:30 MS <b>BEST BUTT NOW</b> Jodie Schnakenberg	4:45-5:30 MS <b>Sculpt Fusion</b> Angela Ansley	4:45-5:30 MS <b>BEST BUTT NOW</b> Jodie Schnakenberg				
5:30-6:00 MS <b>GRIT™ Athlete</b> Mallory McDonald	5:30-6:20 CS • <b>CLUB CYCLING™</b> Christian Noni	5:30-6:00 MS <b>Pyramid Cardio</b> Jodie Schnakenberg	5:30-6:20 MS • <b>Cycle Express</b> Jodie Schnakenberg	5:30-6:15 MS <b>BODYPUMP™ Express</b> Jodie Schnakenberg		
5:45-6:45 YS <b>Power Vinyasa L2</b> Seraphine Naeymi	5:30-6:00 BC <b>Strength &amp; Burn</b> Casey Pessetto	5:45-6:45 YS <b>Power Vinyasa L2</b> Taylor Deeds	5:30-6:20 MS <b>Barre Sculpt</b> Cara Duke	5:30-6:30 YS <b>Power Vinyasa L2</b> Maria Cuevas		
6:00-6:50 BC <b>ELITE</b> Taylor Rees	5:30-6:20 MS <b>Power Pilates Mat</b> Caitlin Katz	6:00-6:50 BC <b>ELITE</b> Kaleb Wersland	5:30-6:00 BC <b>Strength &amp; Burn</b> Mallory Mahoney			
6:00-7:00 CS • <b>Studio Cycle</b> Jeffrey McDaniel	5:30-6:45 YS <b>Ashtanga Yoga L2</b> Jordan Ryan	6:00-6:50 CS • <b>Cycle Express</b> Sarah Buchanan	6:00-6:30 BC <b>Boxing Boot Camp</b> Mallory Mahoney			
6:00-7:00 TC <b>TRX Cardio Tennis</b> Matt Smith	6:00-6:30 BC <b>Boxing Boot Camp</b> Casey Pessetto	6:00-7:00 TC <b>Intro to Cardio Tennis</b> Ryan Wall	5:30-6:45 YS <b>Vinyasa L1-L2</b> Patricia Gray			
6:00-7:00 MS <b>BODYPUMP™</b> Anne Ruch	6:00-7:00 TC <b>Cardio Tennis</b> Grant Fleming	6:00-7:00 MS <b>BODYPUMP™</b> Anne Ruch	6:30-7:15 MS <b>BODYPUMP™ Express</b> Jodie Schankenberg			
7:00-7:15 MS <b>HardCORE Cuts</b> Anne Ruch	6:30-7:15 MS <b>BODYPUMP™ Express</b> Jodie Schnakenberg	7:00-7:15 MS <b>HardCORE Cuts</b> Anne Ruch	7:00-8:00 YS <b>Power Vinyasa L2</b> Mike Owens			
7:00-8:15 YS <b>Yin Yoga L1 &amp; Meditation   REST</b> Christian Noni	7:00-8:00 YS <b>Power Vinyasa L2</b> Emily Cox	7:00-8:00 YS <b>Yin Yoga L1 &amp; Meditation</b> Annamarie Weddle				

## CLASS LOCATION KEY

MS	<b>Main Studio</b>	CS	<b>Cycling Studio</b>
YS	<b>Yoga Studio</b>	BC	<b>Basketball Court</b>
ID	<b>Indoor Pool</b>	TC	<b>Tennis Court</b>
PS	<b>Pilates Studio</b>	•	<b>Bookable Class</b>

# NOVEMBER | GROUP FITNESS SCHEDULE

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