



# Juniper Swim & Fitness Center

## Fitness Schedule

### March 1 - 31

Please note the following Class Maximums: Cycle (26), TRX Circuit (18). Cycle signup sheet available 15 minutes before class time.

	MON	TUES	WED	THURS	FRI	SAT	SUN
25m Indoor Pool	6:10-7:00 AM Deep/Shallow Jane F		6:10-7:00 AM Deep/Shallow Christy		6:10-7:00 AM Deep/Shallow Rod		
25m Indoor Pool	7:15-8:05 AM Deep/Shallow Marty		7:15-8:05 AM Deep/Shallow Marty		7:15-8:05 AM Deep/Shallow Marty		
25m Indoor Pool		8:30-9:20 AM Deep/Shallow Toning - Whitney		8:30-9:20 AM Deep/Shallow Toning - Whitney		8:10-9:00 AM Deep/Shallow Paul	
25m Indoor Pool		9:30-10:20 AM Mobility MS Whitney		9:30-10:20 AM Mobility MS Whitney		9:10-10:00 AM Deep Water Workout Paul	
25m Indoor Pool	10:30-11:20 AM Deep/Shallow Rae		10:30-11:20 AM Deep/Shallow Carolyn C		10:30-11:20 AM Deep/Shallow Kim Z		
25m Indoor Pool			12:30-1:20 PM Pre/Postnatal Workout - Molly				
25m Indoor Pool	5:30-6:20 PM Deep Workout Paul		5:30-6:20 PM Deep Workout Challey				
Group Ex Studio	5:45 - 6:45 AM F.I.T. Nicole F		5:45 - 6:45 AM F.I.T. Nicole F		5:45-6:45 AM TB Strength & Core Nicole F		
Cycle Studio		5:45-6:45 AM Cycle - Eris		5:45-6:45 AM Cycle - Eris			
Cycle Studio	7:45-8:45 AM Cycle Kevin	7:45-8:45 AM Cycle Cherie	7:45-8:45 AM Cycle Julie	7:45-8:45 AM Cycle Rod	7:45-8:45 AM Cycle Monica	8:15-9:15 AM Cycle Tina	
Mind Body Studio	8:00-9:00 AM Pilates Mat Judi		8:00-9:00 AM Pilates Mat Susie			8:10-9:10 AM Vinyasa All Lvl Carolyn Ca	8:15-9:15 AM Restorative Trisha
Group Ex Studio		8:30-9:00 AM TB Strength & Core Exp. Michelle E					
Group Ex Studio	9:05-10:05 AM F.I.T. Kim	9:15-10:15 AM Bliss Dance Tami	9:05-10:05 AM F.I.T. Monica	9:15-10:15 AM Bliss Dance Kelli	9:05-10:05 AM Core/Strength/ Cardio Challenge Michelle E	9:00-10:00 AM TB Strength/Core Michelle E	9:00-10:00 AM Core/Strength/ Cardio Challenge Staff Rotation
Mind Body Studio	9:15-10:15 AM Vinyasa Lvl 2/3 Barb	9:15-10:15 AM Vinyasa All Lvl Barb	9:15-10:15 AM Roll & Release Staff Rotation	9:15-10:15 AM Vinyasa All Lvl Susan F	9:15-10:15 AM Vinyasa Lvl 2/3 Barb	9:30-10:30 AM Restorative Yoga Carolyn Ca	9:30-10:30 AM Vinyasa All Lvl Trisha
Cycle Studio	9:15-10:15 AM Cycle April	9:15-10:15 AM Cycle Michelle E	9:15-10:15 AM Cycle Susie	9:15-10:15 AM Cycle Joe	9:15-10:15 AM Cycle Kim D	9:45-10:45 AM Cycle Natalia	
Key	Water	Cardio	Strength	Mind Body	Cycle	New class format or name change	Time Change

	MON	TUES	WED	THURS	FRI	SAT	SUN
Pilates Studio	9:05-10:05 AM Barre Rae		9:05-10:05 AM Barre Jessica		9:05-10:05 AM Barre Monica		
Fitness Center	10:30-11:30 AM Fitness Center Circuit - Kim D		10:30-11:30 AM Fitness Center Circuit - Kim D				
Pilates Studio			10:30-11:30 AM Vinyasa 2/3 Jessica				
Mind Body Studio	10:30 -11:30 AM Restorative Flow Cinda	10:30 -11:30 AM Restorative Flow Barb	10:30 -11:30 AM Restorative Flow Kelly	10:30 -11:30 AM Restorative Flow Barb	10:30 -11:30 AM Restorative Flow Jane D		11:00-12:00 PM Roll & Release Be
Group Ex Studio					10:30-11:30 AM Bliss Dance Emily		
Pilates Studio		10:30-11:30 AM Baby & Me Yoga Fitness Fusion - Kelly					
Cycle Studio				10:30-11:30 AM Baby & Me Cycle Haley			
Group Ex Studio	11:00-12:00 PM TRX - Tami		11:00-12:00 PM TRX - Tami				
Cycle Studio		12:15-1:00 PM Cycle - Joe	12:15-1:00 PM Cycle - Ann	12:15-1:00 PM Cycle - Haley			
Group Ex Studio	12:15-1:00 PM Core de Force - Janna		12:15-1:00 PM Core de Force - Janna				
Mind Body Studio			12:00-1:00 PM Slow Vinyasa Flow Catherina	12:00-1:00 PM Vinyasa All Lvl's Jes			
Mind Body Studio	1:15-2:15 PM Restorative Yoga Nicole W	1:15-2:15 PM Restorative Yoga Abby	1:15-2:15 PM Restorative Yoga Catherina	1:15-2:15 PM Restorative Yoga Jes	1:15-2:15 PM Restorative Yoga Abby		
Pilates Studio		4:15-5:15 PM Pilates Fusion Susie	4:30-5:30 PM Pilates Mat Susie	4:30-5:30 PM Pilates Mat Judi			
Mind Body Studio	4:30-5:30 PM Vinyasa 2/3 Anna	4:30-5:30 PM Restorative Flow Kelly	4:30-5:45 PM Vinyasa All Lvl's w/Soundbath - Lynda				4:30-5:30 PM Yin Yoga Erin
Cycle Studio	5:30-6:30 PM Cycle Rachel	5:30-6:30 PM Cycle Susie	5:30-6:30 PM Cycle Rachel	5:30-6:30 PM Cycle Natalia			
Group Ex Studio	5:30-6:30 PM TB Strength & Core Julie	5:30-6:30 PM Bliss Hip Hop Missy/Kelli	5:30-6:30 PM TB Strength & Core Ann	5:30-6:30 PM Bliss Amped Emily			
Pilates Studio		5:30-6:30 PM Vinyasa All Lvl's Sara		5:45-6:45 PM Barre Rae			
Mind Body Studio	5:45-6:45 PM Restorative Flow Anna	5:45-6:45 PM Prenatal Yoga Kelly	6:00 - 7:15 PM Restorative Flow w/Soundbath- Brandy	5:30-6:30 PM Vinyasa All Lvl's Trisha			
Group Ex Studio	6:45-7:45 PM Zumba in Spanish Perla		6:45-7:45 PM Zumba in Spanish Perla				Effective March 1
Key	Water	Cardio	Strength	Mind Body	Cycle	New class format or name	!Time Change



# Juniper Swim & Fitness Center

## Fitness Schedule

### April 1 - 30

Please note the following Class Maximums: Cycle (26), TRX Circuit (18). Cycle signup sheet available 15 minutes before class time.

	MON	TUES	WED	THURS	FRI	SAT	SUN
25m Indoor Pool	6:10-7:00 AM Deep/Shallow Jane F		6:10-7:00 AM Deep/Shallow Christy		6:10-7:00 AM Deep/Shallow Rod		
25m Indoor Pool	7:15-8:05 AM Deep/Shallow Marty		7:15-8:05 AM Deep/Shallow Marty		7:15-8:05 AM Deep/Shallow Marty		
25m Indoor Pool		8:30-9:20 AM Deep/Shallow Toning - Whitney		8:30-9:20 AM Deep/Shallow Toning - Whitney		8:10-9:00 AM Deep/Shallow Paul	
25m Indoor Pool		9:30-10:20 AM Mobility MS Whitney		9:30-10:20 AM Mobility MS Whitney		9:10-10:00 AM Deep Water Workout Paul	
25m Indoor Pool	10:30-11:20 AM Deep/Shallow Rae		10:30-11:20 AM Deep/Shallow Carolyn C		10:30-11:20 AM Deep/Shallow Kim Z		
25m Indoor Pool			12:30-1:20 PM Pre/Postnatal Workout - Molly				
25m Indoor Pool	5:30-6:20 PM Deep Workout Paul		5:30-6:20 PM Deep Workout Challey				
Group Ex Studio	5:45 - 6:45 AM F.I.T. Nicole F		5:45 - 6:45 AM F.I.T. Nicole F		5:45-6:45 AM TB Strength & Core Nicole F		
Cycle Studio		5:45-6:45 AM Cycle - Eris		5:45-6:45 AM Cycle - Eris			
Cycle Studio	7:45-8:45 AM Cycle Kevin	7:45-8:45 AM Cycle Cherie	7:45-8:45 AM Cycle Julie	7:45-8:45 AM Cycle Rod	7:45-8:45 AM Cycle Monica	8:15-9:15 AM Cycle Tina	
Mind Body Studio	8:00-9:00 AM Pilates Mat Judi		8:00-9:00 AM Pilates Mat Susie			! 8:15-9:15 AM Vinyasa All Lvl Carolyn Ca/Brandy	! 8:15-9:15 AM ! Vinyasa All Lvl Trisha
Group Ex Studio		8:30-9:00 AM TB Strength & Core Exp. Michelle E					
Group Ex Studio	9:05-10:05 AM F.I.T. Kim	9:15-10:15 AM Bliss Dance Tami	9:05-10:05 AM F.I.T. Monica	9:15-10:15 AM Bliss Dance Kelli	9:05-10:05 AM Core/Strength/ Cardio Challenge Michelle E	9:00-10:00 AM TB Strength/Core Michelle E	9:00-10:00 AM Core/Strength/ Cardio Challenge Staff Rotation
Mind Body Studio	9:15-10:15 AM Vinyasa Lvl 2/3 Barb	9:15-10:15 AM Vinyasa All Lvl Staff Rotation	9:15-10:15 AM Roll & Release Staff Rotation	9:15-10:15 AM Vinyasa All Lvl Susan F	9:15-10:15 AM Vinyasa Lvl 2/3 Barb	! 9:45-10:55 AM Restorative Yoga Carolyn Ca/Brandy	! 9:45-10:55 AM ! Restorative Yoga Trisha
Cycle Studio	9:15-10:15 AM Cycle April	9:15-10:15 AM Cycle Michelle E	9:15-10:15 AM Cycle Susie	9:15-10:15 AM Cycle Joe	9:15-10:15 AM Cycle Kim D	9:45-10:45 AM Cycle Natalia	
Key	Water	Cardio	Strength	Mind Body	Cycle	New class format or name change	! Time Change

	MON	TUES	WED	THURS	FRI	SAT	SUN
Pilates Studio	9:05-10:05 AM Barre Rae	 9:05-10:05 AM Barre Jessica	9:05-10:05 AM Barre Jessica		9:05-10:05 AM Barre Monica		
Fitness Center	10:30-11:30 AM Fitness Center Circuit - Kim D		10:30-11:30 AM Fitness Center Circuit - Kim D				
Pilates Studio			10:30-11:30 AM Vinyasa 2/3 Jessica				
Mind Body Studio	10:30 -11:30 AM Restorative Flow Cinda	10:30 -11:30 AM Restorative Flow Staff Rotation	10:30 -11:30 AM Restorative Flow Kelly	10:30 -11:30 AM Restorative Flow Barb	10:30 -11:30 AM Restorative Flow Jane D		11:00-12:00 PM Roll & Release Be
Group Ex Studio					10:30-11:30 AM Bliss Dance Emily		
Pilates Studio		10:30-11:30 AM Baby & Me Yoga Fitness Fusion - Kelly					
Cycle Studio				10:30-11:30 AM Baby & Me Cycle Haley			
Group Ex Studio	11:00-12:00 PM TRX - Tami		11:00-12:00 PM TRX - Tami				
Cycle Studio		12:15-1:00 PM Cycle - Joe	12:15-1:00 PM Cycle - Ann	12:15-1:00 PM Cycle - Haley			
Mind Body Studio			12:00-1:00 PM Slow Vinyasa Flow Catherina	12:00-1:00 PM Vinyasa All Lvl Jes			
Mind Body Studio	1:15-2:15 PM Restorative Yoga Nicole W	1:15-2:15 PM Restorative Yoga Abby	1:15-2:15 PM Restorative Yoga Catherina	1:15-2:15 PM Restorative Yoga Jes	1:15-2:15 PM Restorative Yoga Abby		
Pilates Studio		4:15-5:15 PM Pilates Fusion Susie		 4:15-5:15 PM Pilates Fusion Judi			
Mind Body Studio	4:30-5:30 PM Vinyasa 2/3 Anna	4:30-5:30 PM Restorative Flow Kelly	4:30-5:45 PM Vinyasa All Lvl w/Soundbath - Lynda				4:30-5:30 PM Yin Yoga Erin
Cycle Studio	5:30-6:30 PM Cycle Rachel	5:30-6:30 PM Cycle Susie	5:30-6:30 PM Cycle Rachel	5:30-6:30 PM Cycle Natalia			
Group Ex Studio	5:30-6:30 PM TB Strength & Core Nicole G	5:30-6:30 PM Bliss Hip Hop Missy/Kelli	5:30-6:30 PM TB Strength & Core Julie	5:30-6:30 PM Bliss Amped Emily			
Pilates Studio		5:30-6:30 PM Vinyasa All Lvl Sara		 5:30-6:30 PM Barre Rae			
Mind Body Studio	5:45-6:45 PM Restorative Flow Anna	5:45-6:45 PM Prenatal Yoga Kelly	6:00 - 7:15 PM Restorative Flow w/Soundbath- Brandy	5:30-6:30 PM Vinyasa All Lvl Trisha			
Group Ex Studio	6:45-7:45 PM Zumba in Spanish Perla		6:45-7:45 PM Zumba in Spanish Perla				Effective April 1
Key	Water	Cardio	Strength	Mind Body	Cycle	 New class format or name	 Time Change