

# HEALTHY LIVING CENTER - GROUP EXERCISE

<b>Monday</b>			
Time	Class	Instructor	Studio
6:00am	HIIT	Erin	OIFC
8:30am	Gentle Flow Yoga	Susan	2
9:00am	*Cycle*	Julie	OIFC
9:00am	Cardio/Latin Dance	Shelly/Kelly	1
10:00am	Body Blitz	Julie	1
10:00am	Metabolic Fit	Cait	OIFC
11:00am	1/2 HOUR POWER CORE	Susan	1
5:15pm	Muscle Pump	Shelly M.	1
6:00pm	Yoga	Michelle	GE Room
6:15pm	Cardio Dance	Heidi	1

<b>Tuesday</b>			
Time	Class	Instructor	Studio
8:00am	Yin Yoga	Amy	2
9:00am	Step	Shelly	1
10:00am	Pilates	Gary	2
10:00am	Bootcamp Gold	Shelly	Gym 1
4:45pm	Pilates	Linda	2
5:30pm	Circuit	Missy	1
6:30pm	Bootcamp	Cait	OIFC

\*NOTE: BARRE @ 5:30pm TUES WILL RETURN IN FEBRUARY

<b>Wednesday</b>			
Time	Class	Instructor	Studio
8:00am	Pilates	Gary	1
8:30am	Strength Yoga	Susan	2
9:00am	Body Blitz	Julie	1
9:45am	Gentle Flow Yoga	Susan	2
10:00am	Functional HIIT	Cait	1
10:00am	*Cycle*	Julie	OIFC
5:30pm	Fierce	Shelly M.	1
6:30pm	Muscle Pump	Brynn	1

<b>Thursday</b>			
Time	Class	Instructor	Studio
8:00am	Bootcamp Gold	Shelly	1
9:00am	Pilates	Shelly	1
10:00am	Cardio Dance Gold	Karen	1
10:30am	Line Dance	Karen	1
4:45pm	Pilates	Linda	2
5:30pm	30-20-10	Missy	1
5:45pm	1/2 Hour Power Barre	Nancy	2
6:30pm	1/2 Hour Power TRX	Nancy	OIFC

<b>Friday</b>			
Time	Class	Instructor	Studio
6:00am	HIIT	Erin	OIFC
9:00am	*Cycle*	Sandie	OIFC
9:00am	Bootcamp Gold	Kelly	Gym 1
10:00am	Body Blitz	Shelly	1

**INSTRUCTOR SUBJECT TO CHANGE**

<b>Saturday</b>			
Time	Class	Instructor	Studio
8:00am	Bootcamp	Brynn	OIFC
9:00am	Cardio Dance/Step	Heidi/Shelly M	1
10:00am	Y Box	Missy	1
11:30am	Cycle	Stephanie	OIFC

**CLASSES IN STUDIOS HAVE LIMITED CAPACITY**

**\*MEMBERS MUST GET A NUMBER FROM THE FRONT DESK TO TAKE CLASS\***

**Studio 1,2 and the OIFC (Obstacle Fitness Center) require navigating 2 flights of stairs**

**Use of personal equipment strongly encouraged**

JANUARY 2026