

FALL FITNESS SCHEDULE



morning

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
SUNRISE STRETCH & SWEAT 5:30-6:15am		LIGHT WEIGHT LIFTING 7:00-7:45am	EARLY BURN BOOTCAMP 5:30-6:15am	HEART RATE CYCLE 5:30-6:15am	INDOOR CYCLING 7:00-7:45am
FITNESS 101 8:05-9:05am	ACES 8:05-8:50am	FITNESS 101 8:05-9:05am	ACES 8:05-8:50am	FITNESS 101 8:05-9:05am	BARRE SCULPT 7:50-8:30am
YOGA 9:15-10:15am	BARRE 60 9:15-10:15am	HEART RATE CYCLE 8:00-8:45am	BARRE SCULPT 9:15-10:00am		STEP INTERVAL 8:15-9:15am
CHAIR YOGA 10:30-11:15am		CENTER & ROLL 9:00-9:45am	CORE YOGA 10:05-10:50am		YOGA/ PILATES 8:35-9:15am

evening

CROSS-HIIT 6:00-6:45pm	YOGA FUNDAMENTALS 6:00-7:00pm	POUND 5:30-6:15pm	BASIC YOGA 5:30-6:00pm	SIDE BY SIDE YOGA 6:00-7:00pm	YOGA FLOW & STRETCH 4:15-5:15pm
BASIC YOGA 6:50-7:20pm	INDOOR CYCLING 6:00-6:45pm	STRENGTH & CONDITIONING 6:05-6:45pm	ZUMBA 5:15-6:15pm		
ZUMBA 7:00-8:00pm	ART OF MEDITATION 7:15-8:00pm	POWER YOGA 6:25-7:25pm	PILATES 6:50-7:20pm	INDOOR CYCLING 5:30-6:15pm	
PILATES 7:25-7:55pm	GROUP TRAINING BOOT CAMP 7:15-8:00pm	PLUS SIZE YOGA 7:00-8:00pm	TOTAL TABATA TONING 6:45-7:45pm		
CANDLELIGHT YOGA 8:15-9:15pm	WALKING INTERVAL TRAINING 7:30-8:30pm	RESTORATIVE YOGA 8:15-9:15pm	YOGA/PILATES 8:00-8:45pm		

SUNDAY
YOGA CLASS ROTATION 5:00-5:50pm
YOGA FLOW & STRETCH 6:00-7:00pm

FITNESS CLASS LOCATIONS

- **Boulder Point**
Zero Boulder Hill Pass, Montgomery
- **Civic Center**
5 Ashlawn Ave, Montgomery
- **South Point**
810 Preston Ln, Oswego
- **Little White School Museum**
72 Polk St, Oswego