



**January 2020**  
**Studio Group Exercise Classes**

<b>Monday</b> No Classes 1/20	<b>Tuesday</b>	<b>Wednesday</b> No Classes 1/1	<b>Thursday</b>	<b>Friday</b>
5:30-6:30 a.m. Bootcamp w/ Aaron	5:30-6:30 a.m. RIP w/ Libby	5:30-6:30 a.m. Interval Insanity w/ Leora	5:30-6:30 a.m. RIP w/ Allyson Haley 1/16, Libby 1/23	5:45-6:30 a.m. Cycle 45* w/ Amelia
5:45-6:30 a.m. Cycle 45* w/ Lexi	5:45-6:30 a.m. Cycle 45* w/ Leora	5:45-6:30 a.m. Power Cycle* w/ Scott	5:45-6:30 a.m. Cycle 45* w/ Libby Kendra 1/2, Lexi 1/23	8-8:45 a.m. Zumba Gold w/ Margaret
6-7 a.m. Multi-level Yoga w/ Kelley	9:15-10 a.m. Sculpt & Balance w/ Teri	6-7 a.m. Multi-level Yoga w/ Suanne	8:30-9 a.m. TRX Express* w/ Leora	9-9:45 a.m. Stretch & Relax w/ Margaret
9-9:45 a.m. Stretch & Relax w/ Suzanne	9:15-10 a.m. Cycle Fusion* w/ Sharon Libby 1/21	8-8:45 a.m. Zumba Gold w/ Kathy	9-9:30 a.m. Cardio intervals w/ Leora	9:15-10:15 a.m. Interval Insanity w/ Leora
9:15-10:15 a.m. Interval Insanity w/ Sharon	9:15-10:15 a.m. Yoga Fusion w/ Rebecca	9-10 a.m. Multi-level Yoga w/ Kathy	9:15-10:15 a.m. Yoga Fusion w/ Sharon	10:15-11:15 a.m. Yoga Fusion w/ Jeannie Teri 1/17
10:15-11:15 a.m. Classical Pilates I w/ Mary MVE* 1/6	10:05-10:35 a.m. Yoga Basics w/ Teri	9:15-10:15 a.m. Power Step w/ Libby Kendra 1/22	9:45-10:30 a.m. Sculpt & Balance w/ Teri Jeannie 1/2	12:15-1:15 p.m. Lunchtime Yoga w/ Rebecca
12:15-1:15 p.m. Cycle: 2x30* w/ Kendra	10:30-11:15 a.m. Chair Yoga w/ Rebecca	10:15-11:15 a.m. Classical Pilates w/ Jeannie Mary 1/15 MVE* 1/22	12:15-12:45 p.m. Lunchtime Express w/ Jim	5:30-6:30 p.m. Multi-Level Yoga w/ Rebecca Kelley 1/10
4-5 p.m. Gentle Moves Yoga w/ Rebecca	12:15-12:45 p.m. Lunchtime Express w/ Jim	11:30-12:30 p.m. Yoga for Cancer Survivors w/ Rebecca	12:15-1:15 p.m. Power Yoga w/ Teri No class 1/2	5:30-6:30 p.m. Overdrive Class w/Grayson @ Outdoor Pavilion
4:30-6 p.m. Overdrive Open Gym @ Outdoor Pavilion	12:15-1:15 p.m. Power Yoga w/ Teri	12:15-1:15 p.m. Cycle: 2x30* w/ Libby Scott 1/22	5:15-6 p.m. Power Step w/ Brandi Allyson 1/23	
5:15-5:45 p.m. Core 30 w/ Haley	5:15-6 p.m. Power Step w/ Allyson Brandi 1/21	4:30-6 p.m. Overdrive Open Gym @ Outdoor Pavilion	5:30-6:30 p.m. Iyengar Yoga w/ Suzanne	
5:30-6:30 p.m. Multi-Level Yoga w/ Rebecca Kelley 1/27	5:45-6:45 p.m. Pilates Barre Fusion w/ Kristina No class 1/7, 1/14	5:15-5:45 p.m. Core 30 w/ Sharon	6-7 p.m. Overdrive Class w/ Maddi @ Outdoor Pavilion	
6-7 p.m. RIP w/ Haley	6-6:45 pm Cycle 45* w/ Kendra	5:30-6:30 p.m. Multi-Level Yoga w/ Rebecca Suzanne 1/15		
6-6:45 p.m. Cycle 45* w/ J9	6:10-6:55 p.m. Tabata SPORT w/ Brandi	6-7 p.m. RIP w/ Sharon		
	6-7 p.m. Overdrive Class w/ Abby @ Outdoor Pavilion			

**For free, online monthly workouts designed and led our Life Center Group Fitness leaders, visit [www.prismahealth.org/MoveWell](http://www.prismahealth.org/MoveWell). You won't need any special equipment, and it doesn't matter whether you're in great shape or totally out of shape—each movement has a "Make It Easier" and "Make It Harder" variation. Check it out today!**



## January 2020 Pool Group Exercise Classes

Monday	Tuesday	Wednesday	Thursday	Friday
No Classes 1/20		No Classes 1/1		
8-8:45 a.m. Water Fitness w/ Aaron	8-8:45 a.m. Water Fitness w/ Aaron	8-8:45 a.m. Water Fitness w/ Bonnie	8-8:45 a.m. Water Fitness w/ Bonnie	8-8:45 a.m. Water Fitness w/ J9 Kendra 1/3
9-9:45 a.m. Arthritis Aquatics w/ Barbie	9-9:45 a.m. Arthritis Aquatics w/ Frances	9-9:45 a.m. Arthritis Aquatics w/ Barbie	9-9:45 a.m. Arthritis Aquatics w/ Frances	9-9:45 a.m. Arthritis Aquatics w/ J9 Barbie 1/3
10:15-11 a.m. Water Fitness w/ Aaron	10:15-11 a.m. Water Fitness w/ Susan	10:15-11 a.m. Water Fitness w/ Bonnie	10:15-11 a.m. Water Fitness w/ Bonnie	10:15-11 a.m. Aqua Zumba w/ Tina
6-6:45 p.m. Water Fitness w/ Aaron	6-6:45 p.m. Water Fitness w/ J9	6-6:45 p.m. Aqua Zumba w/ Tina	6-6:45 p.m. Water Fitness w/ J9 Bailey 1/2	

## January 2020 Weekend Group Exercise Classes

1/4	1/11	1/18	1/25
8:15-9:15 a.m. RIP w/ Haley	8:15-9:15 a.m. RIP w/ Libby	8:15-9:15 a.m. RIP w/ Haley	8:15-9:15 a.m. RIP w/ Allyson
8:15-9 a.m. Cycle 45* w/ Leora	8:15-9 a.m. Cycle for Beginners w/ J9 & Lexi	8:15-9 a.m. Cycle 45* w/ Kendra	8:15-9 a.m. Cycle 45* w/ J9
8:30-9:30 a.m. Barre w/ Mary	8:30-9:30 a.m. Multi-Level Yoga w/ Margaret	8:30-9:30 a.m. Multi-Level Yoga w/ Suanne	8:30-9:30 a.m. Multi-level Yoga w/ Kelley
9:15-10 a.m. Aqua Zumba w/ Tina	9:15-10 a.m. Water Fitness w/ J9	9:15-10 a.m. Aqua Zumba w/ Tina	9:15-10 a.m. Water Fitness w/ J9
	9:30-10:15 a.m. Power Step w/ Brandi		9:30-10:30 a.m. BODYCOMBAT w/ Allyson

**Please note:**

All classes are free to members.

Children under the age of 14 must receive permission from the group fitness supervisor before attending any classes.

For class descriptions, visit the lobby kiosk or go to [www.ghs.org/lifecenter](http://www.ghs.org/lifecenter) and click the 'calendar' link.

Instructor substitutions may be made without prior notice.

**Key**

White Boxes = 2<sup>nd</sup> floor Group Fitness Studio  
 Light Grey Boxes = 1<sup>st</sup> floor Conditioning Arena  
 Dark Boxes = 2<sup>nd</sup> floor Wellness Suite  
 Cycle Classes = 1<sup>st</sup> floor Bike Studio  
 Water Fitness Classes = Pool

\* denotes pre-registration required/recommended  
**ARROW** indicates a new class or class format change

**Questions? Contact Libby Boerger, Group Fitness Supervisor, at 864-455-4669 or [libby.boerger@prismahealth.org](mailto:libby.boerger@prismahealth.org).**