



December 2019 Studio Group Exercise Classes

Monday	Tuesday No Classes 12/24 No PM Classes 12/31	Wednesday No Classes 12/25	Thursday No Classes 12/26	Friday
5:30-6:30 a.m. Bootcamp w/ Aaron	5:30-6:30 a.m. RIP w/ Kelsey	5:30-6:30 a.m. Interval Insanity w/ Leora	5:30-6:30 a.m. RIP w/ Allyson	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 Amelia 12/31	5:45-6:30 a.m. Power Cycle* w/ Scott Lexi 12/11	5:45-6:30 a.m. Cycle 45* w/ Libby	8-8:45 a.m. Zumba Gold w/ Margaret
6-7 a.m. Multi-level Yoga w/ Kelley Suzanne 12/23 Kendra 12/30	8:30-9 a.m. RIP 30 w/ Libby Kelsey 12/31	6-7 a.m. Multi-level Yoga w/ Suanne Kelley 12/18	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. Sculpt & Balance w/ Teri Kathy 12/31	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 a.m. Cycle Fusion* w/ Sharon	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
10:15-11:15 a.m. Classical Pilates I w/ Mary MVE* 12/2	9:15-10:15 a.m. Yoga Fusion w/ Rebecca	9:15-10:15 a.m. Power Step w/ Libby	9:45-10:30 a.m. Sculpt & Balance w/ Teri	12:15-1:15 p.m. Lunchtime Yoga w/ Rebecca
12:15-1:15 p.m. Cycle: 2x30* w/ Kendra Libby 12/23	10:05-10:35 a.m. Yoga Basics w/ Teri Kathy 12/31	10:15-11:15 a.m. Classical Pilates w/ Jeannie MVE* 12/18	12:15-12:45 p.m. Lunchtime Express w/ Jim	5:30-6:30 p.m. Multi-Level Yoga w/ Rebecca
4-5 p.m. Gentle Moves Yoga w/ Rebecca	10:30-11:15 a.m. Chair Yoga w/ Rebecca	11:30-12:30 p.m. Yoga for Cancer Survivors w/ Rebecca	5:15-6 p.m. Power Step w/ Brandi Allyson 12/19	5:30-6:30 p.m. Overdrive Class w/Grayson @ Outdoor Pavilion
4:30-6 p.m. Overdrive Open Gym @ Outdoor Pavilion	12:15-12:45 p.m. Lunchtime Express w/ Jim	12:15-1:15 p.m. Cycle: 2x30* w/ Libby	5:30-6:30 p.m. Iyengar Yoga w/ Suzanne	
5:15-5:45 p.m. Core 30 w/ Haley Sharon 12/2 & 12/9	5:15-6 p.m. Power Step w/ Allyson Brandi 12/17	4:30-6 p.m. Overdrive Open Gym @ Outdoor Pavilion	6-7 p.m. Overdrive Class w/ Maddi @ Outdoor Pavilion	
5:30-6:30 p.m. Multi-Level Yoga w/ Rebecca Kelley 12/2 & 12/16	5:45-6:45 p.m. Pilates Barre Fusion w/ Kristina	5:15-5:45 p.m. Core 30 w/ Sharon Haley 12/4 & 12/11		
6-7 p.m. RIP w/ Haley Sharon 12/2 & 12/9	6-6:45 pm Cycle 45* w/ Kendra	5:30-6:30 p.m. Multi-Level Yoga w/ Rebecca Suzanne 12/11		
6-6:45 p.m. Cycle 45* w/ Cami Libby 12/23 Kendra 12/30	6:10-6:55 p.m. Tabata SPORT w/ Brandi	6-7 p.m. RIP w/ Sharon Haley 12/4 & 12/11		
	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. 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!



December 2019 Pool Group Exercise Classes

Monday	Tuesday No Classes 12/24 No PM Classes 12/31	Wednesday No Classes 12/25	Thursday No Classes 12/26	Friday
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 Bailey 12/27
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 Bailey 12/27
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	

December 2019 Weekend Group Exercise Classes

12/7	12/14	12/21	12/28
8:15-9:15 a.m. RIP w/ Allyson	No classes in aerobics studio due to instructor training	8:15-9:15 a.m. RIP w/ Libby	8:15-9:15 a.m. RIP w/ Haley
8:15-9 a.m. Cycle 45* w/ Cami	8:15-9 a.m. Cycle 45* w/ Lexi	8:15-9 a.m. Cycle 45* w/ Leora	8:15-9 a.m. Cycle 45* w/ Kendra
8:30-9:30 a.m. Multi-Level Yoga Kathy	8:30-9:30 a.m. Classical Pilates I w/ Mary	8:30-9:30 a.m. Multi-Level Yoga Suanne	8:30-9:30 a.m. Classical Pilates I w/ Jeannie
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/ Tina	9:15-10 a.m. Aqua Zumba w/ Tina
9:30-10:15 a.m. Power Step w/ Allyson		9:30-10:15 a.m. Power Step w/ Libby	

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 and click the 'calendar' link.

Instructor substitutions may be made without prior notice.

Key

White Boxes = 2nd floor Group Fitness Studio

Light Grey Boxes = 1st floor Conditioning Arena

Dark Boxes = 2nd floor Wellness Suite

Cycle Classes = 1st 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.**