

## February 2020 Studio Group Exercise Classes

Monday	Tuesday	Wednesday	Thursday	Friday
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	5:45-6:30 a.m. Cycle 45* w/ Amelia Libby 2/28
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	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	8-8:45 a.m. Zumba Gold w/ Kathy Tina 2/12 & 2/19	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 Jeannie 2/12 & 2/19	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* 2/3	10:05-10:35 a.m. Yoga Basics w/ Teri	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	10:30-11:15 a.m. Chair Yoga w/ Rebecca	10:15-11:15 a.m. Classical Pilates w/ Jeannie MVE* 2/19	12:15-12:45 p.m. Lunchtime Express w/ Jim	5:30-6:30 p.m. Multi-Level Yoga w/ Rebecca Kelley 2/7, 2/14/ 2/21
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	
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	5:15-6 p.m. Power Step w/ Brandi	
5:15-5:45 p.m. Core 30 w/ Haley	5:15-6 p.m. Power Step w/ Allyson	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 2/24	5:45-6:45 p.m. Pilates Barre Fusion w/ Kristina	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/ J9	5:30-6:30 p.m. Multi-Level Yoga w/ Rebecca		
6-6:45 p.m. Cycle 45* w/ Scott	6:15-7 p.m. BODYCOMBAT Express w/ Kendra	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!



## February 2020 Pool Group Exercise Classes

Monday	Tuesday	Wednesday	Thursday	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
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
10:15-11 a.m. Water Fitness w/ Aaron	10:15-11 a.m. Water Fitness w/ Bonnie	10:15-11 a.m. Water Fitness w/ Bonnie	10:15-11 a.m. Water Fitness w/ Tina	10:15-11 a.m. Aqua Zumba w/ Tina
6-6:45 p.m. Water Fitness w/ Aaron		6-6:45 p.m. Aqua Zumba w/ Tina	6-6:45 p.m. Water Fitness w/ J9	

## February 2020 Weekend Group Exercise Classes

2/1	2/8	2/15	2/22	2/29
<b>Super Bowl Group Fitness Sampler 8:15-10:15 a.m.</b>	No RIP - Instructor Training	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/ Kendra
	8:15-9 a.m. Cycle 45* w/ Lexi	8:15-9 a.m. Cycle 45* w/ Amelia	8:15-9 a.m. Cycle 45* w/ J9	8:15-9 a.m. Cycle 45* w/ Leora
8:30-9:30 a.m. Multi-Level Yoga w/ Rebecca	8:30-9:30 a.m. Classical Pilates I w/ Mary	8:30-9:30 a.m. Multi-Level Yoga w/ Kelley	8:30-9:30 a.m. Multi-Level Yoga w/ Kelley	8:30-9:30 a.m. Yoga Fusion w/ Sharon
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	9:15-10 a.m. Water Fitness w/ Catherine
		9:30 - 10:15 a.m. Power Step w/ Libby		9:30 - 10:15 a.m. BODYCOMBAT Express w/ Kendra

**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).**