

November 2019 Studio Group Exercise Classes

Monday	Tuesday	Wednesday No PM classes 11/27	Thursday No Classes 11/28	Friday No Class 11/29
5:30-6:30 a.m. Bootcamp w/ Aaron	5:30-6:30 a.m. Overdrive Class w/Grayson @ Outdoor Pavilion	5:30-6:30 a.m. Interval Insanity w/ Leora	5:30-6:30 a.m. Overdrive Class w/Grayson @ Outdoor Pavilion	5:45-6:30 a.m. Cycle 45* w/ Amelia
5:45-6:30 a.m. Cycle 45* w/ Libby	5:30-6:30 a.m. RIP w/ Kelsey	5:45-6:30 a.m. Power Cycle* w/ Scott	5:30-6:30 a.m. RIP w/ Allyson	8-8:45 a.m. Zumba Gold w/ Margaret
6-7 a.m. Multi-level Yoga w/ Kelley	5:45-6:30 a.m. Cycle 45* w/ Leora	6-7 a.m. Multi-level Yoga w/ Suanne	5:45-6:30 a.m. Cycle 45* w/ Libby Scott 11/14	9-9:45 a.m. Stretch & Relax w/ Margaret
9-9:45 a.m. Stretch & Relax w/ Suzanne	6:30-8 a.m. Overdrive Open Gym @ Outdoor Pavilion	8-8:45 a.m. Zumba Gold w/ Kathy Tina 11/20	6:30-8 a.m. Overdrive Open Gym @ Outdoor Pavilion	9:15-10:15 a.m. Interval Insanity w/ Leora
9:15-10:15 a.m. Interval Insanity w/ Sharon	8:30-9 a.m. RIP 30 w/ Libby	9-10 a.m. Multi-level Yoga w/ Kathy Jeannie 11/20	8:30-9 a.m. TRX Express* w/ Leora	10:15-11:15 a.m. Yoga Fusion w/ Jeannie
10:15-11:15 a.m. Classical Pilates I w/ Mary MVE* 11/4	9:15-10 a.m. Sculpt & Balance w/ Teri	9:15-10:15 a.m. Power Step w/ Libby Allyson 11/13	9-9:30 a.m. Cardio intervals w/ Leora	12:15-1:15 p.m. Lunchtime Yoga w/ Rebecca
12:15-1:15 p.m. Cycle: 2x30* w/ Kendra	9:15-10 a.m. Cycle Fusion* w/ Sharon	10:15-11:15 a.m. Classical Pilates w/ Jeannie MVE* 11/20	9:15-10:15 a.m. Yoga Fusion w/ Sharon	5:30-6:30 p.m. Multi-Level Yoga w/ Rebecca Kelley 11/1, 11/15, 11/22
4-5 p.m. Gentle Moves Yoga w/ Rebecca	9:15-10:15 a.m. Yoga Fusion w/ Rebecca	11:30-12:30 p.m. Yoga for Cancer Survivors w/ Rebecca	9:45-10:30 a.m. Sculpt & Balance w/ Teri	5:30-6:30 p.m. Overdrive Class w/Grayson @ Outdoor Pavilion
4:30-6 p.m. Overdrive Open Gym @ Outdoor Pavilion	10:05-10:35 a.m. Yoga Basics w/ Teri	12:15-1:15 p.m. Cycle: 2x30* w/ Libby Scott 11/13	12:15-12:45 p.m. Lunchtime Express w/ Jim	
5:15-5:45 p.m. Core 30 w/ Haley	10:30-11:15 a.m. Chair Yoga w/ Rebecca	4:30-6 p.m. Overdrive Open Gym @ Outdoor Pavilion	5:15-6 p.m. Power Step w/ Brandi Allyson 11/14 & 11/21	
5:30-6:30 p.m. Multi-Level Yoga w/ Rebecca	12:15-12:45 p.m. Lunchtime Express w/ Jim	5:15-5:45 p.m. Core 30 w/ Sharon	5:30-6:30 p.m. Iyengar Yoga w/ Suzanne	
6-7 p.m. RIP w/ Haley	5:15-6 p.m. Power Step w/ Allyson Brandi 11/19	5:30-6:30 p.m. Multi-Level Yoga w/ Rebecca Suzanne 11/6	6-7 p.m. Overdrive Class w/ Maddi @ Outdoor Pavilion	
6-6:45 p.m. Cycle 45* w/ Cami	5:45-6:45 p.m. Pilates Barre Fusion w/ Kristina	6-7 p.m. RIP w/ Sharon		
	6-6:45 pm Cycle 45* w/ Kendra			
	6:10-6:55 p.m. Tabata SPORT w/ Brandi Allyson 11/12			
	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!



November 2019 Pool Group Exercise Classes

Monday	Tuesday	Wednesday No PM classes 11/27	Thursday No Classes 11/28	Friday No Classes 11/29
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 Frances 11/6	9-9:45 a.m. Arthritis Aquatics w/ Frances Barbie 11/7	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/ 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	

November 2019 Weekend Group Exercise Classes

11/2	11/9	11/16	11/23	11/30	12/1
8:15-9:15 a.m. RIP w/ Allyson	8:15-9:15 a.m. RIP w/ Kelsey	8:15-9:15 a.m. RIP w/ Haley	8:15-9:15 a.m. RIP w/ Haley	8:15-9:15 a.m. RIP w/ Libby	Turkey Burn! 1:30-3:30
8:15-9 a.m. Cycle 45* w/ Amelia	8:15-9 a.m. Cycle 45* w/ Leora	8:15-9 a.m. Cycle 45* w/ Kendra	8:15-9 a.m. Cycle 45* w/ J9	8:15-9 a.m. Cycle 45* w/ J9	
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. Stretch & Relax Margaret	8:30-9:30 a.m. Classical Pilates I w/ Jeannie	8:30-9:30 a.m. Multi-Level Yoga 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	9:15-10 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/ Kendra		9:30-10:15 a.m. Power Step w/ Brandi	

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.