



October 2019

Studio Group Exercise Classes

Monday	Tuesday	Wednesday	Thursday	Friday
5:30-6:30 a.m. Bootcamp w/ Aaron	5:15-6:45 a.m. Overdrive Open Gym @ Outdoor Pavilion	5:30-6:30 a.m. Interval Insanity w/ Leora	5:15-6:45 a.m. Overdrive Open Gym @ Outdoor Pavilion	5:45-6:30 a.m. Cycle 45* w/ Amelia
5:45-6:30 a.m. Cycle 45* Scott 10/7, 10/21 Libby 10/14, 10/28	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 Kelsey 10/10	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	9-9:45 a.m. Stretch & Relax w/ Margaret
9-9:45 a.m. Stretch & Relax w/ Suzanne	6:45-7:45 a.m. Overdrive Class w/Grayson @ Outdoor Pavilion	8-8:45 a.m. Zumba Gold w/ Kathy Tina 10/23	6:45-7:45 a.m. Overdrive Class w/Grayson @ Outdoor Pavilion	9:15-10:15 a.m. Interval Insanity w/ Leora
9:15-10:15 a.m. Interval Insanity w/ Sharon Kendra 10/28	8:30-9 a.m. RIP 30 w/ Sharon Kendra 10/29	9-10 a.m. Multi-level Yoga w/ Kathy Teri 10/23	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 Libby 10/28	9:15-10 a.m. Sculpt & Balance w/ Teri	9:15-10:15 a.m. Power Step w/ Sharon	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 Kendra 10/29	10:15-11:15 a.m. Classical Pilates w/ Jeannie	9:15-10:15 a.m. Yoga Fusion w/ Sharon	5:30-6:30 p.m. Multi-Level Yoga w/ Rebecca
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	4:30-6 p.m. Overdrive Open Gym @ Outdoor Pavilion	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	5:15-5:45 p.m. Core 30 w/ Sharon	5:15-6 p.m. Power Step w/ Brandi	
5:30-6:30 p.m. Multi-Level Yoga w/ Rebecca	12:15-12:45 p.m. Lunchtime Express w/ Jim	5:30-6:30 p.m. Multi-Level Yoga w/ Rebecca	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 10/8	6-7 p.m. RIP w/ Sharon	6-7 p.m. Overdrive Class w/Maddi @ Outdoor Pavilion	
6-6:45 p.m. Cycle 45* w/ J9	5:45-6:45 p.m. Pilates Barre Fusion w/ Kristina			
	6-6:45 pm Cycle 45* w/ Cami Libby 10/29			
	6:10-6:55 p.m. Tabata SPORT w/ Brandi			
	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!



October 2019 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 Bailey 10/22	9-9:45 a.m. Arthritis Aquatics w/ Barbie	9-9:45 a.m. Arthritis Aquatics w/ Frances Barbie 10/24	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	

October 2019 Weekend Group Exercise Classes

10/5	10/12	10/19	10/26
8:15-9:15 a.m. RIP w/ Sharon	8:15-9:15 a.m. RIP w/ Kelsey	8:15-9:15 a.m. RIP w/ Allyson	8:15-9:15 a.m. RIP w/ Haley
8:15-9 a.m. Cycle 45* w/ Amelia	8:15-9 a.m. Cycle 45* w/ Teri	8:15-9 a.m. Cycle 45* w/ Libby	8:15-9 a.m. Cycle 45* w/ Leora
8:30-9:30 a.m. Multi-level Yoga w/ Suanne	8:30-9:30 a.m. Multi-level Yoga w/ Kelley	8:30-9:30 a.m. Multi-level Yoga w/ Rebecca	8:30-9:30 a.m. Multi-level Yoga w/ Margaret
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/ Brandi		9:30-10:15 a.m. Power Step 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 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 Kendra Rorabaugh, Group Fitness Supervisor, at 864-455-4669 or
kendra.rorabaugh@prismahealth.org.