

March 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. BODYPUMP w/ Libby *RIP 3/3	5:30-6:30 a.m. Interval Insanity w/ Leora	5:30-6:30 a.m. BODYPUMP w/ Libby *RIP 3/5	5:45-6:30 a.m. Cycle 45* w/ Amelia
5:45-6:30 a.m. Cycle 45* w/ Lexi Libby 3/2	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. Power Cycle* w/ Scott Lexi 3/5, 3/12; J9 3/19	9-9:45 a.m. Stretch & Relax w/ Margaret
6-7 a.m. Multi-level Yoga w/ Kelley Pilates w/ Mary 3/23, 3/30	9:15-10 a.m. Sculpt & Balance w/ Teri Libby 3/3	9-10 a.m. Multi-level Yoga w/ Kathy	8:30-9 a.m. TRX Express* w/ Leora	9:15-10:15 a.m. BODYSTEP w/ Kendra *Power Step 3/6
9-9:45 a.m. Stretch & Relax w/ Suzanne	9:15-10 a.m. Cycle Fusion* w/ Sharon	9:15-10:15 a.m. BODYSTEP w/ Libby *Power Step 3/4	9-9:30 a.m. Cardio intervals w/ Leora	10:15-11:15 a.m. Yoga Fusion w/ Jeannie Libby 3/13, Suzanne 3/27
9:15-10:15 a.m. Interval Insanity w/ Sharon	9:15-10:15 a.m. Yoga Fusion w/ Rebecca	10:15-11:15 a.m. Classical Pilates w/ Jeannie MVE* 3/18	9:15-10:15 a.m. Yoga Fusion w/ Sharon Rebecca 3/12	10:30-11:15 a.m. Zumba Gold w/ Margaret
10:15-11:15 a.m. Classical Pilates I w/ Mary MVE* 3/2	10:05-10:35 a.m. Yoga Basics w/ Teri No Class 3/3	10:30-11:15 a.m. Zumba Gold w/ Kathy	9:45-10:30 a.m. Sculpt & Balance w/ Teri Libby 3/5	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	11:30-12:30 p.m. Yoga for Cancer Survivors w/ Rebecca	12:15-12:45 p.m. Lunchtime Express w/ Jim	5:30-6:30 p.m. Multi-Level Yoga w/ Rebecca Kelley 3/6, 3/13
4-5 p.m. Gentle Moves Yoga w/ Rebecca	12:15-12:45 p.m. Lunchtime Express w/ Jim	12:15-1:15 p.m. Cycle: 2x30* w/ Libby	12:15-1:15 p.m. Power Yoga w/ Teri No Class 3/5	
4:30-6 p.m. Overdrive Open Gym @ Outdoor Pavilion	12:15-1:15 p.m. Power Yoga w/ Teri No Class 3/3	4:30-6 p.m. Overdrive Open Gym @ Outdoor Pavilion	5:15-6 p.m. BODYSTEP w/ Brandi *Power Step 3/5	
5:15-5:45 p.m. Combat 30 w/ Allyson	5:15-6 p.m. BODYSTEP w/ Allyson *Power Step 3/3	5:15-5:45 p.m. Core 30 w/ Haley	5:30-6:30 p.m. Iyengar Yoga w/ Suzanne	
5:30-6:30 p.m. Multi-Level Yoga w/ Rebecca Kelley 3/16, 3/23	5:45-6:45 p.m. Pilates Barre Fusion w/ Kristina	5:30-6:30 p.m. Multi-Level Yoga w/ Rebecca	6-7 p.m. Overdrive Class w/ Maddi @ Outdoor Pavilion	
6-7 p.m. BODYPUMP w/ Allyson *RIP 3/2	6-6:45 pm Cycle 45* w/ J9	6-7 p.m. BODYPUMP w/ Haley *RIP 3/4	6:15-7:15 p.m. BODYCOMBAT w/ Allyson	
6-6:45 p.m. Cycle 45* w/ Cami 3/2 w/ J9	6-7 p.m. Overdrive Class w/ Abby @ Outdoor Pavilion			
	6:15-7:15 p.m. BODYCOMBAT w/ Kendra			

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!



March 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 No Class 3/27
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	

March 2020 Weekend Group Exercise Classes

3/7	3/14	3/21	3/28
8:15-10 a.m. LES MILLS Launch	8:15-9:15 a.m. BODY PUMP w/ Allyson	8:15-9:15 a.m. BODYPUMP w/ Haley	8:15-9:15 a.m. BODYPUMP w/ Libby
8:15-9 a.m. Cycle 45* w/ Sharon	8:15-9 a.m. Cycle 45* w/ Lexi	8:15-9 a.m. Cycle 45* w/ Kendra	8:15-9 a.m. Cycle 45* w/ Amelia
8:30-9:30 a.m. Multi-Level Yoga w/ Kelley	8:30-9:30 a.m. Multi-Level Yoga w/ Kathy	8:30-9:30 a.m. Yoga Fusion w/ Jeannie	8:30-9:30 a.m. Multi-Level Yoga w/ Kelley
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. Water Fitness w/ J9
	9:30 - 10:15 a.m. BODYCOMBAT w/ Allyson	9:30-10:15 a.m. TRX Workshop* w/ Leora	9:30 - 10:15 a.m. BODYSTEP 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.