

The Miller Center Group Fitness Schedule: February 2019

Time	Room	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:45am	Cycle	Cycle Erv	RPM® Sarah	Cycle Erv	Fitness on Demand Cycle	Cycle Erv	
	GF	BodyFlow® Tereza	Pure Strength Sonya	Boot Camp (Feb 6 and 20) Legs and Abs (Feb 13 and 27) Sonya	GRIT® Chuck	BodyPump® Jess J	GRIT® (7:30 AM) Chuck (no class Feb 16)
8:15am	GF/AB	BOOM Move® Heather	Sport Yoga Heather	BodyPump® Tereza	Sport Yoga Heather	Pure Strength Sonya	BodyPump® Jason (no class Feb 16)
9:15am	GF	BOOM Muscle® Heather	Zumba Toning® Judi	Chiseled Janice	Zumba® Judi	BodyAttack® Kathy	Zumba® Rotation* (no class Feb 16)
	C/ Cycle		Cycle Liz	Booty Barre® (C) Kathy	Fitness on Demand Cycle	Chair Yoga (C) Dawn	RPM® Jason
	AB	Chair Yoga Dawn		Silver Sneakers Circuit® Heather		Silver Sneakers Circuit® Heather	
10:15am	GF	Chiseled Liz	Fitness on Demand Strength	Zumba Sentao® Judi	BodyStep® Kathy	Fitness on Demand Dance	Beginner Ballet Jess H (no class Feb 16)
	AB/ Cycle	Classical Yoga Dawn		Fitness on Demand Cycle	Tai Chi® Fawn	Classical Yoga Dawn	Warrior Ride Jason
12:00pm	GF/ Cycle	Sprint® (Cycle) Emily*	Beginner TRX Matt	Sprint® (Cycle) Emily*	Beginner TRX Matt	Fitness on Demand Mind and Body	Fitness on Demand Dance (no class Feb 16)
	AB	Silver Sneakers Classic® Janice		Restorative Yoga Dawn	Silver Sneakers Classic® Janice		
4:15pm	GF/ Cycle	GRIT® (5:00 PM) Jess J	Sprint® & Warrior Jason	GRIT® (5:00 PM) Bob	Sprint® & Warrior Jason	Fitness on Demand HIIT	
5:30pm	GF	BodyPump® Jess J	Zumba® Rotation	BodyCombat® (Feb 6 and 20) BodyStep® (Feb 13 and 27) Rebecca/Jess J	BodyPump® Tereza	Booty Barre® Jess H	Fitness on Demand Mind and Body (no class Feb 16)
	Cycle	Cycle Paula	Fitness on Demand Cycle	Cycle Paula	Cycle Jesse		
	AB/DE	Pilates (DE) Jess H (Feb 11 and 25)	BodyFlow® Tereza		Zumba® Rotation		
6:15pm	GF		BodyAttack® Kathy	Fitness on Demand Core			
7:00pm	GF	Fitness on Demand Cardio	Fitness on Demand Strength		Fitness on Demand Mind and Body		