

# The Miller Center Group Fitness Schedule: June 2019

Time	Room	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45am	Cycle	Cycle Erv		RPM® Sarah		Cycle Erv		
	GF		Pure Strength Sonya	Boot Camp (June 5 and 19) Legs and Abs (June 12 and 26) Sonya	GRIT® Chuck	BodyPump® Jess J		
6:45am	GF	BodyPump® Tereza	Zumba® 30 & STRONG 30® Andy		Zumba® 30 & STRONG 30® Andy		GRIT® (7:30 AM) Chuck	
8:15am	GF	BOOM Move® Heather	Sport Yoga Heather	BodyFlow® (GF)   Booty Barre (C) Tereza   Kathy	Sport Yoga Heather	BOOM Muscle® Paula	BodyPump® Jason	
9:15am	GF	BOOM Muscle® Heather	Zumba® Andy and Rebecca	Chiseled Janice	Zumba® Andy	BodyAttack® Kathy	Zumba® Rotation (no class June 8)	<b>Sunday Funday Boot Camp</b> 9:15-10:15 AM in Sports Performance Area Warrior Ride 10:15- 10:45 AM in Cycle Room Jason (no class June 16)
	Cycle/ Court 2		Cycle Liz (no class June 4)	Silver Sneakers Circuit® Heather		Silver Sneakers Circuit® Heather	RPM® Jason	
	AB	Chair Yoga Dawn	Silver Sneakers Yoga® Sue			Chair Yoga Dawn		
10:15am	GF/ CYCLE	Chiseled Liz	STRONG 30® Andy	Zumba® Andy	BodyStep® (30 min) BodyPump® (30 min) Kathy/Rebecca	GRIT® Meredith	Beginner Ballet Jess H (Room C on June 8)	
	AB	Classical Yoga Dawn		Beginner Yoga Dawn (June 12 and 26 only)	Tai Chi® Fawn	Classical Yoga Dawn		
12:00pm	GF/ Cycle	Sprint® Emily	Beginner TRX Matt		Beginner TRX Matt		<b>Saturday, June 8: Les Mills Launch Day!</b> 7:30 AM - GRIT with Chuck in GF 8:15 AM - BodyPump with Jason in GF 8:30 AM - BodyAttack with Kathy in Sports Performance Area 9:15 AM - RPM with Sarah in CYCLE 9:30 AM - BodyStep with Jess J in GF 10:15 AM BodyFlow with Tereza in AB 10:30 AM - CXWORX with Jess J in GF 11 AM - BodyCombat with Rebecca in GF	
	AB/ Court 2	Silver Sneakers Classic® Janice		Restorative Yoga Dawn (June 12 and 26 only)	Silver Sneakers Classic® Janice			
<b>Evening Classes</b>		GRIT® with Jess J GF at 5 PM	Warrior Workout with Jason CYCLE/GF at 4:15 PM	STRONG 30® with Andy GF at 5 PM	Warrior Workout with Jason CYCLE/GF at 4:15 PM	STRONG 30® with Andy GF at 5 PM		
		BodyPump® with Jess J GF at 5:30 PM	Zumba® (30 min) Zumba® Toning (30 min) GF at 5:30 PM with Jen	Cycle with Jesse CYCLE at 5 PM	BodyPump® with Tereza GF at 5:30 PM (no class June 27)	Booty Barre® with Jess H GF at 5:30 PM (June 7 and 21 only)		
		Cycle with Paula CYCLE at 5:30 PM	BodyFlow® with Tereza AB at 5:45 PM	GRIT® with Jess J/Meredith GF at 5:30 PM	Cycle with Paula CYCLE at 5:30 PM			
		Pilates with Jess H DE at 5:30 PM (June 3 only)		CXWORX® (June 5 and 19) BodyCombat® (June 12 and 26) GF at 6 PM	Zumba®/Zumba® Toning GF at 5 PM with Judi (June 27 only)			