

The Miller Center Group Fitness Schedule: August 2019

Time	Room	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:45am	Cycle	Cycle Erv		RPM® Sarah		Cycle Erv	
	GF		Pure Strength Sonya	Legs and Abs (August 7 and 21) Ball Blast (August 28) Sonya (no class August 14)	GRIT® Chuck	BodyPump® Jess J	
6:45am	GF	BodyPump® Tereza	STRONG 30® & Zumba® Toning (30 minutes) Andy and Judi		STRONG 30® & Zumba® Toning (30 minutes) Andy and Judi		GRIT® (7:30 AM) Chuck
8:15am	GF	Zumba® Andy	Sport Yoga Heather	BodyPump® Tereza	Sport Yoga Heather	Pure Strength Paula	BodyPump® Jason
9:15am	GF	BOOM Muscle® Heather	Zumba® Toning Judi	Chiseled Janice	Zumba® Judi	BodyAttack® Kathy	Zumba®/Dance Rotation
	Cycle/ Court 2		Cycle Liz	Silver Sneakers Circuit® Heather		Silver Sneakers Circuit® Heather	RPM® Jason (no class August 3)
	AB	Chair Yoga Dawn	Silver Sneakers Yoga® Sue			Chair Yoga Dawn	
10:15am	GF/ CYCLE	BodyPump®/BodyCombat® Rebecca	STRONG® (30 min) Booty Barre® (30 min) Andy/Kathy	Zumba® (30 min) Zumba® Sentao (30 min) Judi	BodyStep® (30 min) BodyPump® (30 min) Kathy/Rebecca	GRIT® Meredith	Beginner Ballet (10:30 AM) Jess H
	AB	Classical Yoga Dawn		Beginner Yoga Dawn (August 7 and 21 only)	Tai Chi® Fawn	Classical Yoga Dawn	
12:00pm	GF/ Cycle	Sprint® Emily	Beginner TRX Matt		Beginner TRX Matt		
	AB	Silver Sneakers Classic® Janice		Restorative Yoga Dawn (August 7 and 21 only)	Silver Sneakers Classic® Janice		
Evening Classes		GRIT® with Jess J GF at 5 PM	Warrior Ride with Jason CYCLE at 4:15 PM	STRONG 30® with Andy GF at 5 PM	Warrior Ride with Jason CYCLE at 4:15 PM	STRONG 30® with Andy GF at 5 PM	
		BodyPump® with Jess J GF at 5:30 PM	Boot Camp with Jason GF at 5 PM	Cycle with Jesse CYCLE at 5 PM	Boot Camp with Jason GF at 5 PM	Booty Barre® with Jess H GF at 5:30 PM	
		Cycle with Paula CYCLE at 5:30 PM	Zumba® (30 min) Zumba® Toning (30 min) GF at 5:30 PM with Jen	GRIT® with Meredith/Jess J GF at 5:30 PM	BodyPump® with Tereza GF at 5:30 PM		<i>revision date 8/13/19</i>
		Pilates with Jess H DE at 5:30 PM (August 5 and 26 only)	BodyFlow® with Tereza AB at 5:45 PM	BodyAttack® with Kathy GF at 6 PM (August 7 and 21 only)	Cycle with Paula CYCLE at 5:30 PM		
			BodyCombat® with Rebecca GF at 6:30 PM	CXWORX® with Jess J GF at 6 PM (August 14 and 28 only)	Hip N' Fit with Valerie GF at 6:30 PM		