

## The Miller Center Group Fitness Schedule: September 2019

Time	Room	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:45am	Cycle	Cycle Erv	Cycle Erv	RPM® Sarah (no class Sept. 4)	Cycle Erv	RPM® Tereza	<b>STRONG® Masterclass</b> Saturday, Sept. 21 9:30 AM on Court 1 FREE for members \$5 for non-members
	GF	CLOSED SEPTEMBER 2	Pure Strength Sonya (no class Sept. 10)	Legs and Abs (Sept. 4 and 18) Ball Blast (Sept. 11 and 25) Sonya	GRIT® Chuck	BodyPump® Jess J	
6:45am	GF	BodyPump® Tereza	STRONG 30® & Zumba® Toning Andy and Judi		STRONG 30® & Zumba® Toning Andy and Judi		GRIT® (7:30 AM) Chuck
8:15am	GF	Zumba® Andy	Sport Yoga Heather	BodyPump® Tereza	Sport Yoga Heather	Pure Strength Sonya	BodyPump® Jason
9:15am	GF	BOOM Muscle® Heather	Zumba® Toning Judi	Chiseled Janice	Zumba® Judi	BodyAttack® Kathy	Zumba®/Dance Rotation
	Cycle/ Court 2		SPRINT® Emily	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	BodyPump® 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 (no class Sept. 20)	Beginner Ballet (10:30 AM) Jess H (no class Sept.28)
	AB	Classical Yoga Dawn		Beginner Yoga Dawn (Sept. 4 and 18 only)	Tai Chi Fawn	Classical Yoga Dawn	
12:00pm	GF/ Cycle	SPRINT® Emily					
	AB	Silver Sneakers Classic® Janice		Restorative Yoga Dawn (Sept. 4 and 18 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	Zumba® (30 min) Zumba® Toning (30 min) GF at 5:30 PM with Jen	GRIT® with Meredith/Jess J GF at 5:30 PM	Cycle with Jesse CYCLE at 5 PM	Booty Barre® with Jess H GF at 5:30 PM	
		Cycle with Paula CYCLE at 5:30 PM	BodyFlow® with Tereza AB at 5:45 PM	Cycle with Paula CYCLE at 5:30 PM	BodyPump® with Tereza GF at 5:30 PM		Revised 8/30/19
		Pilates with Jess H DE at 5:30 PM (Sept. 9 and 23 only)	BodyCombat® with Rebecca GF at 6:30 PM	BodyAttack® with Kathy GF at 6 PM (Sept. 4 and 18)	Hip N' Fit with Valerie GF at 6:30 PM	 <p><b>THE MILLER CENTER</b> — RECREATION AND WELLNESS —</p>	
				CXWORX® with Jess J GF at 6 PM (Sept. 11 and 25)			