

# LIVE Group Fitness Schedule effective July 5-September 5, 2021

All Group Fitness classes are free to attend with a facility access membership. Hybrid classes take place in Studio 1. Virtual members may attend hybrid classes via Zoom only. Weekly reservations are required for all in-person Group Fitness classes. For more information or to sign up for a class visit <https://galterlifecenter.org/classes-events/classes>

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6-7 a.m. Hybrid Group Centergy Jesse	6-7 a.m. Hybrid Group Power Leslie	6-6:30 a.m. Hybrid R30 Leslie	6-7 a.m. Hybrid Group Power Nikki		6:45-7:45 a.m. Hybrid Group Ride Jesse	
8-8:30 a.m. Hybrid R30 Nikki	9-10 a.m. Hybrid Yoga Erikka	7-7:30 a.m. Hybrid Group Core Leslie	9:15-10 a.m. Aqua Zumba Martha West Pool	8-8:30 a.m. Hybrid R30 Diana	8-9 a.m. Outdoor Boot Camp Katie/Erika	8:15-9 a.m. Hybrid Cycling Challenge Jandra
8:45-9:15 a.m. Hybrid Group Core Nikki	10:15-11 a.m. Aqua Mix Erin	8:30-9:30 a.m. Hybrid Group Ride Jesse	10:15-11 a.m. <b>NEW!</b> Hybrid Zumba Jandra	8:45-9:15 a.m. Hybrid Move 30 Diana	8:15-9 a.m. Aqua Yoga Shannon East Pool	9-10 a.m. <b>NEW!</b> Yoga Fundamentals Corrine Studio 4
9:30-10:30 a.m. Hybrid Group Fight Nikki/Erika	10:15-11:15 a.m. Hybrid Group Active Diana	9:15-10 a.m. Aqua Blast Krista West Pool	11-11:45 a.m. <b>NEW!</b> AAE Erin West Pool	9:30-10:30 a.m. <b>NEW!</b> Hybrid Group Fight Francie	8:15-9:15 a.m. Hybrid Group Power Jesse	9:15-10 a.m. Aqua Blast Jandra West Pool
10:15-11 a.m. AAE Suzanne East Pool	11:30 a.m.-noon Hybrid Move 30 Diana	10-11 a.m. Hybrid Group Groove Francie	11:15 a.m.- 12:15 p.m. Hybrid Yoga Lisa	10:15-11 a.m. Aqua Yoga Shannon East Pool	9:15-10 a.m. Aqua Blast Shannon West Pool	9:30-10:30 a.m. Hybrid Group Blast Sophia/Carmen
11:30 a.m.- 12:15 p.m. AAE Shannon West Pool	12:15-12:45 p.m. Hybrid R30 Francie	10:15-11 a.m. AAE Krista East Pool	12:15-1:05 p.m. Boot Camp Lizzie Outside/S3	11:30 a.m.- 12:15 p.m. AAE Leslie East Pool	9:30-10:30 a.m. Hybrid Group Groove Erin/Kerry	10:15-11 a.m. <b>NEW!</b> Aqua Mix Suzanne West Pool
11:30 a.m.- 12:30 p.m. Hybrid Group Power Francie	12:30-1:15 p.m. AAE Suzanne East Pool	4-4:45 p.m. <b>NEW!</b> Hybrid Pilates Mat Laura	12:30-1:15 p.m. Hybrid Stretch & Tone Jandra			10:45-11:45 a.m. Hybrid Group Centergy Erika/Nikki
4:45-5:45 p.m. Hybrid Group Blast Dannah	4:30-5:15 p.m. <b>NEW!</b> Hybrid Stretch & Tone Jandra	5:30-6:15 p.m. Aqua Yoga East Pool Shannon	4:30-5:30 p.m. Hybrid Group Ride Shannon	4:30-5 p.m. <b>NEW!</b> Hybrid R30 Sophia		
	5:45-6:45 p.m. Hybrid Group Fight Sophia	5:30-6:30 p.m. Hybrid Group Power Diana	6-6:45 p.m. Aqua Blast Shannon West Pool	5:10-5:40 p.m. <b>NEW!</b> Hybrid Group Core Sophia		
6-7 p.m. <b>NEW!</b> Hybrid Yoga Shannon	6-6:45 p.m. Aqua Zumba Jandra West Pool	6:30-7:15 p.m. Aqua Blast Shannon West Pool	6-7 p.m. Hybrid Group Active Katie	6-7 p.m. <b>NEW!</b> Hybrid Yoga Fundamentals Shannon		
7:05-8:05 p.m. Hybrid Group Ride Lora/Carmen		7-8 p.m. Hybrid Group Blast Lora/Retha	7:05-8:05 p.m. Hybrid Group Centergy Erika/Nikki			



**Galter LifeCenter**

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