

# LIVE Group Fitness Schedule *effective May 3 - July 3, 2021*

Please note: 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 Group Fitness classes. Save your spot up to 48 hours in advance.

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		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	10:15-11:15 a.m. Hybrid Group Active Diana	8:30-9:30 a.m. Hybrid Group Ride Jesse	9:15-10 a.m. Aqua Zumba Martha West Pool	8:45-9:15 a.m. Hybrid Move 30 Diana	8:15-9 a.m. Aqua Yoga Shannon East Pool	9:15-10 a.m. Aqua Blast Jandra West Pool
9:30-10:30 a.m. Hybrid Group Fight Nikki/Erika	11:30 a.m.-noon Hybrid Move 30 Diana	9:15-10 a.m. Aqua Blast Krista West Pool	11:15 a.m. - 12:15 p.m. Hybrid Yoga Lisa	10:15-11 a.m. Aqua Yoga Martha East Pool	8:15-9:15 a.m. Hybrid Group Power Jesse	9:30-10:30 a.m. Hybrid Group Blast Sophia/Carmen
10:15-11 a.m. AAE Suzanne East Pool	12:15-12:45 p.m. Hybrid R30 Francie	10-11 a.m. Hybrid Group Groove Francie	12:15-1 p.m. Outdoor Boot Camp Lizzie	11:30 a.m.- 12:15 p.m. AAE Leslie East Pool	9:15-10 a.m. Aqua Blast Shannon West Pool	10:45-11:45 a.m. Hybrid Group Centergy Erika/Nikki
11:30 a.m.- 12:30 p.m. Hybrid Group Power Francie	12:30-1:15 p.m. AAE Suzanne East Pool	10:15-11 a.m. AAE Krista East Pool	4:30-5:30 p.m. Hybrid Group Ride Shannon		9:30-10:30 a.m. Hybrid Group Groove Erin/Kerry	
4:45-5:45 p.m. Hybrid Group Blast Dannah	5:45-6:45 p.m. Hybrid Group Fight Sophia	5:30-6:15 p.m. Aqua Yoga East Pool Shannon	6-6:45 p.m. Aqua Blast Shannon West Pool	4-5 p.m. Hybrid Group Fight Francie/Sophia		
	6-6:45 p.m. Aqua Zumba Jandra West Pool	5:30-6:30 p.m. Hybrid Group Power Diana	6-7 p.m. Hybrid Group Active Katie			
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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