

LIVE Group Fitness Schedule effective October 1- December 31, 2021

Group Fitness classes are free to attend with membership. Hybrid classes take place in Studio 1.

For more information or to sign up for a class visit galterlifecenter.org

*All new additions and changes to the previous version of the Group Fitness class schedule are marked with a star.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:55-6:25 a.m. *Hybrid R30 Jesse	6-7 a.m. Hybrid Group Power Leslie	*5:55-6:25 a.m. Hybrid R30 Leslie	6-7 a.m. Hybrid Group Power Nikki	6-7 a.m. *Hybrid Group Centergy Jesse		
6:30-7 a.m. *Hybrid 3D30 Jesse		*6:30-7 a.m. Hybrid Group Core Leslie		8-8:30 a.m. Hybrid R30 Diana	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	*8:20-9:15 a.m. Hybrid Group Ride Jesse	9:15-10 a.m. Aqua Zumba Martha West Pool	8:30-9:15 a.m. *Aqua Blast Krista West Pool	8-9 a.m. Outdoor Boot Camp Katie/Erika	8-9 a.m. *Hybrid Cycling & Abs Jandra
*8:40-9:10 a.m. Hybrid Group Core Nikki	10:15-11 a.m. Aqua Mix Erin	9:15-10 a.m. Aqua Blast Krista West Pool	10:15-11 a.m. Hybrid Zumba Jandra	*8:40-9:10 a.m. Hybrid Move 30 Diana	8:15-9 a.m. Aqua Yoga Shannon East Pool	9-10 a.m. Yoga Fundamentals Corrine Studio 4
*9:15-10:15 a.m. Hybrid Group Fight Nikki/Erika	10:15-11:15 a.m. Hybrid Group Active Diana	9:25-9:55 a.m. *Hybrid 3D30 Jesse	11-11:45 a.m. AAE Erin West Pool	*9:15-10:15 a.m. 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	12:30-1:20 p.m. Boot Camp Lizzie Outside/S3	10:30-11 a.m. *Hybrid 3D30 Francie	9:30-10:30 a.m. Hybrid Group Groove Erin/Kerry	10:15-11 a.m. 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. Hybrid Pilates Mat Valerie	12:30-1:15 p.m. Hybrid Stretch & Tone Jandra	11:30 a.m.- 12:15 p.m. AAE Leslie East Pool		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. 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. Hybrid R30 Sophia		12-12:50 p.m. *Hybrid Zumba Heather
5:55-6:55 p.m. *Hybrid Group Power Erika	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. Hybrid Group Core Sophia		
6-7 p.m. Yoga Shannon *Studio 4	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. Hybrid Yoga Fundamentals Shannon		
7:05-8:05 p.m. Hybrid Group Ride Lora/Carmen	7-8 p.m. Hybrid Group Groove/ Nia Kerry/Sara	7-8 p.m. Hybrid Group Blast Lora/Retha	7:05-8:05 p.m. Hybrid Group Centergy Erika/Nikki		 Galter LifeCenter Part of  NorthShore	