

LIVE Group Fitness Schedule *effective September 2020**

* We are open Labor Day from 8 a.m. to 1:45 p.m. please check the website for the special holiday class schedule.

Please note: All Group Fitness classes are free to attend with a facility access membership.

Weekly reservations are required. 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. Live R30 Leslie Studio 1	6-7 a.m. Hybrid Group Power Nikki/Erika		6:45-7:45 a.m. Live Group Ride Jesse Studio 1	
		7-7:30 a.m. Hybrid Group Core Leslie		8-8:30 a.m. Live R30 Diana Studio 1	8-9 a.m. Live Outdoor Boot Camp Katie/Erika	8:15-9 a.m. Live Cycling Challenge Jandra Studio 1
			9:15-10 a.m. Aqua Blast Martha West Pool		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		10:15-11 a.m. AAE Krista East Pool			8:30-9:15 a.m. Aqua Yoga Shannon East Pool	9:30-10:30 a.m. Hybrid Group Blast Sophia/Carmen
10:30-11 a.m. Live R30 Nikki Studio 1			11:15 a.m. - 12:15 p.m. Live Yoga Lisa Studio 1	11:30 a.m.- 12:15 p.m. AAE Leslie East Pool		10:45-11:45 a.m. Hybrid Group Centergy Erika/Nikki
11:30 a.m.- 12:30 p.m. Hybrid Group Power Francie	12-12:30 p.m. Live R30 Francie Studio 1		12:15-1:15 p.m. Live Outdoor Boot Camp Lizzie			
4:45-5:45 p.m. Hybrid Group Blast Dannah			4:30-5:30 p.m. Live Group Ride Shannon			
	6-6:45 p.m. Aqua Zumba Jandra West Pool	5:30-6:30 p.m. Hybrid Group Power Diana	6-6:45 p.m. Aqua Yoga Shannon East Pool			
7-8 p.m. Group Ride Jesse Studio 1		6:30-7:30 p.m. Live Yoga Shannon Studio 4	6-7 p.m. Hybrid Group Active Katie			

Hybrid Class (Attend Live or Virtually)	Live Land Class	Live Water Class
ALL Hybrid Classes meet in Studio 1		