

September 2019 Studio Group Exercise Classes

Monday	Tuesday	Wednesday	Thursday	Friday
No classes 9/2				
5:30-6:30 a.m. Overdrive Class w/ Aaron @ Outdoor Pavilion	5:15-6:45 a.m. Overdrive Open Gym @ Outdoor Pavilion	5:30-6:30 a.m. Interval Insanity w/ Leora Amelia 9/4	5:15-6:45 a.m. Overdrive Open Gym @ Outdoor Pavilion	5:45-6:30 a.m. Cycle 45* w/ Amelia
5:45-6:30 a.m. Cycle 45* w/ Libby Amelia 9/23	5:30-6:30 a.m. RIP w/ Libby	5:45-6:30 a.m. Power Cycle* w/ Scott	5:30-6:30 a.m. RIP w/ Allyson	8-8:45 a.m. Zumba Gold w/ Margaret
6-7 a.m. Multi-level Yoga w/ Kelley	5:45-6:30 a.m. Cycle 45* w/ Leora Scott 9/3	6-7 a.m. Multi-level Yoga w/ Suanne	5:45-6:30 a.m. Cycle 45* w/ Libby	9-9:45 a.m. Stretch & Relax w/ Margaret
9-9:45 a.m. Stretch & Relax w/ Suzanne	6:45-7:45 a.m. Overdrive Class w/Grayson @ Outdoor Pavilion	8-8:45 a.m. Zumba Gold w/ Kathy	6:45-7:45 a.m. Overdrive Class w/Grayson @ Outdoor Pavilion	9:15-10:15 a.m. Interval Insanity w/ Leora
9:15-10:15 a.m. Interval Insanity w/ Sharon	8:30-9 a.m. RIP 30 w/ Sharon	9-10 a.m. Multi-level Yoga w/ Kathy	8:30-9 a.m. TRX Express* w/ Leora	10:15-11:15 a.m. Yoga Fusion w/ Jeannie
10:15-11:15 a.m. Classical Pilates I w/ Mary	9:15-10 a.m. Sculpt & Balance w/ Teri	9:15-10:15 a.m. Power Step w/ Sharon	9-9:30 a.m. Cardio intervals w/ Leora	12:15-1:15 p.m. Lunchtime Yoga w/ Rebecca
12:15-1:15 p.m. Cycle: 2x30* w/ Kendra	9:15-10 a.m. Cycle Fusion* w/ Sharon	10:15-11:15 a.m. Classical Pilates w/ Jeannie	9:15-10:15 a.m. Yoga Fusion w/ Sharon	5:30-6:30 p.m. Multi-Level Yoga w/ Rebecca
4-5 p.m. Gentle Moves Yoga w/ Rebecca	9:15-10:15 a.m. Yoga Fusion w/ Rebecca	11:30-12:30 p.m. Yoga for Cancer Survivors w/ Rebecca	9:45-10:30 a.m. Sculpt & Balance w/ Teri	5:30-6:30 p.m. Overdrive Class w/Grayson @ Outdoor Pavilion
4:30-6 p.m. Overdrive Open Gym @ Outdoor Pavilion	10:05-10:35 a.m. Yoga Basics w/ Teri	4:30-6 p.m. Overdrive Open Gym @ Outdoor Pavilion	12:15-12:45 p.m. Lunchtime Express w/ Jim	
5:15-5:45 p.m. Core 30 w/ Haley	10:30-11:15 a.m. Chair Yoga w/ Rebecca	5:15-5:45 p.m. Core 30 w/ Sharon	5:15-6 p.m. Power Step w/ Brandi	
5:30-6:30 p.m. Multi-Level Yoga w/ Rebecca	12:15-12:45 p.m. Lunchtime Express w/ Jim	5:30-6:30 p.m. Multi-Level Yoga w/ Rebecca	5:30-6:30 p.m. Iyengar Yoga w/ Suzanne	
6-7 p.m. RIP w/ Haley	5:15-6 p.m. Power Step w/ Allyson	6-7 p.m. RIP w/ Sharon	6-7 p.m. Overdrive Class w/Maddi @ Outdoor Pavilion	
6-6:45 p.m. Cycle 45* w/ J9	5:45-6:45 p.m. Pilates Barre Fusion w/ Kristina			
	6-6:45 pm Cycle 45* w/ Cami Kendra 9/3			
	6:10-6:55 p.m. Tabata SPORT w/ Brandi			
	6-7 p.m. Overdrive Class w/Abby @ Outdoor Pavilion			

For free, online monthly workouts designed and led our Life Center Group Fitness leaders, visit www.prismahealth.org/MoveWell. You won't need any special equipment, and it doesn't matter whether you're in great shape or totally out of shape—each movement has a "Make It Easier" and "Make It Harder" variation. Check it out today!



September 2019 Pool Group Exercise Classes

Monday No classes 9/2	Tuesday	Wednesday	Thursday	Friday
8-8:45 a.m. Water Fitness w/ Aaron	8-8:45 a.m. Water Fitness w/ Aaron	8-8:45 a.m. Water Fitness w/ Bonnie	8-8:45 a.m. Water Fitness w/ Bonnie	8-8:45 a.m. Water Fitness w/ J9 Bailey 9/20
9-9:45 a.m. Arthritis Aquatics w/ Barbie	9-9:45 a.m. Arthritis Aquatics w/ Frances	9-9:45 a.m. Arthritis Aquatics w/ Barbie	9-9:45 a.m. Arthritis Aquatics w/ Frances	9-9:45 a.m. Arthritis Aquatics w/ J9 Bailey 9/20
10:15-11 a.m. Water Fitness w/ Aaron	10:15-11 a.m. Water Fitness w/ Susan	10:15-11 a.m. Water Fitness w/ Bonnie	10:15-11 a.m. Water Fitness w/ Bonnie	10:15-11 a.m. Aqua Zumba w/ Tina
6-6:45 p.m. Water Fitness w/ Aaron	6-6:45 p.m. Water Fitness w/ J9	6-6:45 p.m. Aqua Zumba w/ Tina	6-6:45 p.m. Water Fitness w/ J9	

September 2019 Weekend Group Exercise Classes

9/7	9/14	9/21	9/28
8:15-9:15 a.m. RIP w/ Allyson	8:15-9:15 a.m. RIP w/ Libby	8:15-9:15 a.m. RIP w/ Kendra	8:15-9:15 a.m. RIP w/ Haley
8:15-9 a.m. Cycle 45* w/ Amelia	8:15-9 a.m. Cycle 45* w/ Sharon	8:15-9 a.m. Cycle 45* w/ Leora	8:15-9 a.m. Cycle 45* w/ Libby
8:30-9:30 a.m. Yoga Month Specialty Class: Yoga Basics w/ Kelley	8:30-9:30 a.m. Yoga Month Specialty Class: Yoga Props w/Suanne	8:30-9:30 a.m. Yoga Month Specialty Class: Yoga for Mindfulness w/Margaret	8:30-9:30 a.m. Yoga Month Specialty Class: Yoga for Strength w/ Sharon
9:15-10 a.m. Water Fitness w/ J9	9:15-10 a.m. Aqua Zumba w/ Tina	9:15-10 a.m. Aqua Zumba w/ Tina	9:15-10 a.m. Water Fitness w/ J9
9:30-10:15 a.m. Power Step w/ Allyson		9:30-10:15 a.m. Power Step w/ Kendra	

Please note:

All classes are free to members.

Children under the age of 14 must receive permission from the group fitness supervisor before attending any classes.

For class descriptions, visit the lobby kiosk or go to www.ghs.org/lifecenter and click the 'calendar' link.

Instructor substitutions may be made without prior notice.

Key

White Boxes = 2nd floor Group Fitness Studio
 Light Grey Boxes = 1st floor Conditioning Arena
 Dark Boxes = 2nd floor Wellness Suite
 Cycle Classes = 1st floor Bike Studio
 Water Fitness Classes = Pool

* denotes pre-registration required/recommended
ARROW indicates a new class or class format change

Questions? Contact Kendra Rorabaugh, Group Fitness Supervisor, at 864-455-4669 or
kendra.rorabaugh@prismahealth.org.