

Group Fitness Classes - Pittsfield Branch, Holidays in United States

Weekly February 2020

	Sat 2/1	Sun 2/2	Mon 2/3	Tue 2/4	Wed 2/5	Thu 2/6	Fri 2/7
6am			Cycling / Abs w/Tracy (Cycle Room) 6am - 7am	Kettlebell w/Tracy (Auditorium) 6am - 7am	Cycling/Abs w/Tracy (Cycle Room) 6am - 7am	Cycling/TRX/Abs w/Tracy (Cycle Room) 6am - 7am	Cardio Sculpt w/Tracy (Auditorium) 6am - 7am
7am				Masters Swim w/Dan (Pool) 7am - 8am		Masters Swim w/Dan (Pool) 7am - 8am	
8am	Masters Swim w/Dan (Pool) 8am - 9:30am	20/20/20 w/Tracy (Cycle Room) 8am - 9am	Masters Swim w/Dan (Pool) 8am - 9:30am				
9am		Yoga w/Helen (Auditorium) 9:15am - 10am		SilverSneakers Circuit w/Tracy (Auditorium) 9am - 9:45am			SilverSneakers Circuit w/Tracy (Auditorium) 9am - 9:45am
10am		Beginner to Moderate Yoga w/Laurie (Auditorium) 9:30am - 10:30am	Deep Water Workout (Pool) 9:30am - 10:30am	SilverSneakers Classic w/Mary Ellen (Auditorium) 9:45am - 10:30am	SilverSneakers Yoga w/Tracy (Auditorium) 10am - 10:30am	SilverSneakers® Circuit w/Tracy (Auditorium) 9:30am - 10:15am	Deep Water Workout (Pool) 9:30am - 10:30am
11am	ZUMBA w/Shonda (Auditorium) "NEW CLASS" 11am - 12pm	ZUMBA w/Shonda (Auditorium) "NEW CLASS" 11am - 12pm	Yoga - Chair w/Tracy (Auditorium) 11am - 12pm	Water Aerobics w/Theresa (Pool) 11am - 12pm	Water Aerobics w/Theresa (Pool) 11am - 12pm	Yoga w/Tracy (Auditorium) 11am - 11:45am	Chair Yoga w/Tracy (Auditorium) 10:30am - 11:15am
12pm			Insanity w/Michelle (Auditorium) 12pm - 12:30pm	TRX Basics w/Tracy (Cycle Room) 12pm - 12:30pm	Cycling w/Tracy (Cycle Room) 12pm - 12:30pm		Water Aerobics w/Theresa (Pool) 11am - 12pm
1pm			Stretch & Recovery w/Michelle (Auditorium) 12:30pm - 1pm	Body Motion w/Tracy (Auditorium) 12:30pm - 1pm	Boot Camp w/Michelle (Auditorium) 12:30pm - 1:15pm	Mix It Up w/Michelle (Auditorium) 12:30pm - 1pm	Insanity w/Michelle (Auditorium) 12:30pm - 1pm
2pm							
3pm			Low Intensity Cardio w/Weights Tracy (Auditorium) 3pm - 4pm		Low Intensity Cardio w/Weights w/Tracy (Auditorium) 3pm - 4pm		
4pm							
5pm			Cycle w/ Tracy (Cycle Room) 4:45pm - 5:30pm	Kettlebell w/Tracy (Auditorium) 4:45pm - 5:30pm	HIIT w/Tracy (Auditorium) 4:45pm - 5:30pm		
			TRX & Stretch w/ Tracy (Cycle Room) 5:30pm - 6:15pm TRX & Stretch w/ Tracy (Cycle Room)	Yoga w/Tracy (Auditorium) 5:30pm - 6:15pm Yoga w/Tracy (Auditorium)	Yogalates w/Tracy (Auditorium) 5:30pm - 6:15pm Yogalates w/Tracy (Auditorium)		