

WEST

Group Classes

Oct/Nov/Dec 2021

MONDAY

5:00am **BOOT CAMP 45** *Jen M/Julie A*
7:00am **ZUMBA GOLD** *Eva*
8:00am **YOGA 45** *Beth*
9:00am **BODYPUMP** *Casi*
5:30pm **BODYPUMP 45** *Danielle*
6:30pm **WERQ DANCE FIT** *Madeline*

TUESDAY

5:00am **CYCLE 60** *Angie*
7:00am **SENIOR FIT** *Eva*
8:00am **FIT 45** *Jodi*
9:00am **TRX CORE 30** *Sarah K*
5:30pm **BODYATTACK 45** *Lindsay*
6:30pm **YOGA** *Brooke*

WEDNESDAY

5:00am **BODYPUMP 45** *Jennifer M*
7:00am **ZUMBA GOLD** *Eva*
8:00am **YOGA 45** *Jodi*
9:00am **BODYPUMP** *Casi*
5:30pm **BODYPUMP 45** *Shannon*
6:30pm **WERQ DANCE FIT** *Kayla*

THURSDAY

5:00am **CYCLE 60** *Angie*
7:00am **SENIOR FIT** *Elizabeth*
8:00am **FIT 45** *Jodi*
9:00am **TRX CORE 30** *Sarah K*
5:30pm **BODYATTACK 45** *MacKenzie*
6:30pm **YOGA** *Brooke*

FRIDAY

5:00am **BOOTCAMP 45** *Jen M/Danielle*
8:00am **CYCLE 45** *Mary*
9:00am **TRX FIT 45** *Casi*

SATURDAY

8:00am **BODYPUMP** *Lindsay*
9:15am **CYCLE 45** *Jessica*
10:30am **WERQ DANCE FIT** *Rotation*

SUNDAY

3:00pm **YOGA** *Brooke*

- LES MILLS classes: **BODYATTACK, BODYPUMP, RPM**
- Additional virtual Zumba classes available to Prime members on "**BOB'S GYM: AT HOME**" Facebook Group
(Send request to be added)



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EAST

Group Classes

Oct/Nov/Dec 2021

MONDAY

8:00am **FIT 45** *Charlie*
9:00am **ZUMBA GOLD** *Dana*
12:00pm **BODYPUMP 45** *Johnna*
5:30pm **BOOT CAMP 45** *Carliss*
6:30pm **SELF-DEFENSE*** *Eli*
* **Pay Class**

TUESDAY

5:15am **BOOT CAMP 45** *Charlie*
9:00am **ZUMBA** *Courtney*
12:00pm **BOX FIT 45** *Eli*
12:00pm **YOGA 45** *Lauren*
4:30pm **WERQ DANCE FIT 45** *Makenzie*
5:30pm **WERQ DANCE FIT 45** *Kayla*
6:30pm **BODYPUMP** *Jade*

WEDNESDAY

8:00am **FIT 45** *Charlie*
12:00pm **BOOT CAMP 45** *Carliss*
5:30pm **CARDIO STEP 45** *Carliss*
6:30pm **SELF-DEFENSE*** *Eli*
* **Pay Class**

THURSDAY

5:15am **BOOT CAMP 45** *Charlie*
9:00am **ZUMBA** *Courtney*
12:00pm **BOX FIT 45** *Carliss*
12:00pm **YOGA 45** *Lauren*
4:30pm **WERQ DANCE FIT 45** *Kai*
5:30pm **WERQ DANCE FIT 45** *Makenzie*
6:30pm **BODYPUMP** *Haley*

FRIDAY

8:00am **FIT 45** *Charlie*
9:00am **ZUMBA GOLD** *Dana*
12:00pm **CARDIO STEP 45** *Carliss*

SATURDAY

8:00am **BODYPUMP** *Johnna*
9:15am **BOOT CAMP** *Carliss*

SUNDAY

3:00pm **WERQ DANCE FIT** *Jenne/
Madeline/Jen H*

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NORTH

Group Classes

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MONDAY

5:00am **CYCLE 45** Tara G/Jess W
9:00am **BODYPUMP** Mellissa
9:00am **AQUA ZUMBA** Courtney
10:30am **SENIOR FIT** Marie
12:00pm **FIT 45** Catherine
5:30pm **BOOT CAMP 45** Jen B
6:30pm **WERQ DANCE FIT** Kai

TUESDAY

5:00am **FIT 60** Catherine
8:00am **AQUA FIT** Jeanine
9:00am **BARRE PILATES** Lauren
9:00am **SENIOR AQUA** Jeanine
10:30am **YOGA** Lauren
12:00pm **BOOT CAMP 45** Sarah T
4:30pm **BODYPUMP 45** Jen H
5:30pm **CYCLE 45** Sarah T
6:30pm **GAUNTLET** Glenn

WEDNESDAY

5:00am **CYCLE 45** Tara G
9:00am **BODYPUMP** Mellissa
9:00am **AQUA ZUMBA** Courtney
10:30am **SENIOR FIT** Marie
12:00pm **FIT 45** Catherine
5:30pm **BODYPUMP 45** Haley
6:30pm **YOGA** Jen H

THURSDAY

5:00am **FIT 60** Catherine
8:00am **AQUA FIT** Jeanine
9:00am **BARRE PILATES** Lauren
9:00am **SENIOR AQUA** Jeanine
10:30am **YOGA** Sarah T
12:00pm **BOOT CAMP 45** Sarah T
4:30pm **BODYPUMP 45** Tara G
5:30pm **CYCLE 45** Sarah T
6:30pm **GAUNTLET** Glenn

FRIDAY

5:00am **BOOT CAMP** Jen H
9:00am **BODYPUMP** Mellissa
9:00am **AQUA FIT** Jeanine
10:30am **SENIOR FIT** Marie

SATURDAY

8:00am **WERQ DANCE FIT** Jen H
9:00am **AQUA FIT 45** Marie
9:15am **BODYPUMP** Haley/Jen H
10:30am **GAUNTLET** Glenn

SUNDAY

4:30pm **BODYPUMP** Mackenzie

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NEWBURGH

Group Classes

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MONDAY

8:00am **SENIOR AQUA** Vicki
8:00am **BODYATTACK 30** Dana
9:00am **AQUA FIT** Vicki
9:00am **BARRE PILATES** Jeannie
9:00am **WERQ DANCE FIT** Kayla
10:30am **YOGA** Lisa C
12:00pm **BODYPUMP 45** Dana
5:30pm **BODYPUMP 45** Haley
6:30pm **ZUMBA** Courtney

THURSDAY

5:00am **TRX FIT** Tara M
8:00am **RPM CYCLE** David (SB)
9:00am **AQUA FIT** Vicki
9:00am **BODYPUMP** Dana
10:30am **SENIOR FIT** Charlie
5:30pm **FITNESS FUSION 45** Theresa
6:30pm **YOGA** Natalie
6:30pm **AQUA BARRE SPLASH** Jeannie

TUESDAY

5:00am **BOOT CAMP** Tara
8:00am **RPM CYCLE** David (SB)
9:00am **AQUA ZUMBA** Dana
9:00am **BODYPUMP** Mallorie
10:30am **SENIOR FIT** Charlie
5:30pm **FITNESS FUSION 45** Theresa
6:30pm **YOGA** Lisa C
6:30pm **AQUA ZUMBA** Courtney

FRIDAY

5:00am **BODYPUMP** Megan F
8:00am **SENIOR AQUA** Vicki
8:00am **BODYATTACK 30** Crystal
9:00am **AQUA BARRE SPLASH** Jeannie
9:00am **WERQ DANCE FIT** Kayla
10:30am **YOGA** Jean

WEDNESDAY

5:00am **BODYPUMP** Tara
8:00am **SENIOR AQUA** Vicki
8:00am **BODYATTACK 45** Dana
9:00am **AQUA FIT** Vicki
9:00am **BARRE PILATES** Jeannie
9:00am **WERQ DANCE FIT** Rachel
10:30am **YOGA** Lisa C
12:00pm **BODYPUMP 45** Dana
5:30pm **BODYPUMP 45** Theresa
6:30pm **ZUMBA** Courtney

SATURDAY

8:00am **RPM CYCLE** Rotation (SB)
8:00am **TRX FIT** Crystal
9:15am **BARRE PILATES** Lauren
9:15am **ZUMBA** Courtney
10:30am **ZUMBA** Courtney

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