

FITNESS & WELLNESS

ALL-ACCESS SCHEDULE FALL 2017 AUGUST 21 - DECEMBER 5

	Monday	Tuesday	Wednesday	Thursday	Friday
6 a.m.	Power Cycle 6:30-7:15 a.m. Kimberly (E)	Power Yoga 6:30-7:30 a.m. Lauren (MB)	Power Cycle 6:30-7:15 a.m. Kimberly (E)	Power Yoga 6:30-7:30 a.m. Lauren (MB)	Power Cycle 6:30-7:15 a.m. Grace (E)
		Kickboxing Circuit 6:45-7:30 a.m. Emily (BOX)		Kickboxing Circuit 6:45-7:30 a.m. Emily (BOX)	
7 a.m.	BODYPUMP™ 7:15-8:15 a.m. Avalon (B)	BODYPUMP™ 7:15-8:15 a.m. Brooke B. (B)	BODYPUMP™ 7:15-8:15 a.m. Avalon (B)	BODYPUMP™ 7:15-8:15 a.m. Brooke B. (B)	
		Deep Water 12:15-1:00 p.m. Kim (DW)	Deep Water 12:15-1:00 p.m. Kim (DW)	Deep Water 12:15-1:00 p.m. Kim (DW)	
12 p.m.	Yoga 12:15-1:15 p.m. Rachel (MB)		Yoga 12:15-1:15 p.m. Myrna (MB)		Yoga 12:15-1:15 p.m. Myrna (MB)
	BODYPUMP™ 12:15-1:15 p.m. Melanie (B)				BODYPUMP™ 12:15-1:15 p.m. Melanie (B)
	Quickfit 12:15-12:45 p.m. Rocky (FTR)	Quickfit 12:15-12:45 p.m. Victoria (FTR)	Quickfit 12:15-12:45 p.m. Rocky (FTR)	Quickfit 12:15-12:45 p.m. Victoria (FTR)	Quickfit 12:15-12:45 p.m. Rocky (FTR)
3 p.m.	WOD Open Circuit (Drop-in) 3:15-5:15 p.m. Melanie A./Victoria (FTR)		WOD Open Circuit (Drop-in) 3:15-5:15 p.m. Victoria (FTR)		
		Kickboxing Circuit 4:30-5:15 p.m. Alea (BOX)	Kickboxing Circuit 4:30-5:15 p.m. Alea (BOX)	Kickboxing Circuit 4:30-5:15 p.m. Alea (BOX)	
4 p.m.			Mindful Yoga & Meditation 4:15-5:15 p.m. Ruth (MB)		Zumba® 4:30-5:15 p.m. Brooke C. (B)
		\$1 Abs 4:45-5:15 p.m. Brooke B. (D)		\$1 Abs 4:45-5:15 p.m. Brooke B. (D)	\$1 Abs 4:45-5:15 p.m. Avalon (D)
	Yoga 5:30-6:30 p.m. Bill (MB)	Yoga 5:30-6:30 p.m. Rachel (MB)	Mindful Vinyasa Yoga 5:30-6:45 p.m. Ruth (MB)	Yoga 5:30-6:30 p.m. Rachel (MB)	Yoga 5:30-6:30 p.m. Jill (MB)
	Cycle 5:30-6:30 p.m. Melanie A. (E)	Cycle Core 5:30-6:30 p.m. Eric (E)	Cycle 5:30-6:30pm Carly (E)	Cycle Core 5:30-6:30 p.m. Eric (E)	Cycle 5:30-6:30 p.m. Carly (E)
5 p.m.	BodyPump™ 5:30-6:30 p.m. Sam (B)		BodyPump™ 5:30-6:30 p.m. Sam (B)		BodyPump™ 5:30-6:30 p.m. Brooke B. (B)
	Barre Burn 5:30-6:30 p.m. Caroline (A)		Barre Burn 5:30-6:30 p.m. Caroline (A)		
		INSANITY © 6:00-7:00 p.m. Cameron (D)		INSANITY © 6:00-7:00 p.m. Cameron (D)	
6 p.m.	\$1 Abs 6:30-7:00 p.m. Laura (D)	Drop-It 6:30-7:15 p.m. Kamie (B)	\$1 Abs 6:30-7:00 p.m. Emily (D)	Drop-It 6:30-7:15 p.m. Kamie (B)	
	Pilates 7:00-8:00 p.m. Vivian (B)	Cycle 7:00-7:45 p.m. Molly (E)	Pilates 7:00-8:00 p.m. Vivian (B)	Cycle 7:00-7:45 p.m. Molly (E)	
	Cycle 7:00-7:45 p.m. Shenise (E)	MetCon 45 7:00-7:45 p.m. Mac (FTR)	Cycle 7:00-7:45 p.m. Shenise (E)	MetCon 45 7:00-7:45 p.m. Mac (FTR)	
7 p.m.		Kickbox Jam 7:00-7:45 p.m. Cara (D)		Kickbox Jam 7:00-7:45 p.m. Cara (D)	
		Barre Burn 7:00-7:45 p.m. Laura (A)		Barre Burn 7:00-7:45 p.m. Laura (A)	
8 p.m.	Zumba 8:15-9:00 p.m. Brooke (D)	TRX Yoga 8:00-9:00 p.m. Ruth (D)	Zumba 8:15-9:00 p.m. Brooke C. (D)	TRX Yoga 8:00-9:00 p.m. Ruth (D)	
	Total Body Tone 8:15-9:00 p.m. Vivian (B)		Total Body Tone 8:15-9:00 p.m. Vivian (B)		

	Sunday
4:15-5:00 p.m.	Zumba® 4:15-5:00 p.m. Anie (D)
	Cycle 4:15-5:00 p.m. Grace (E)
5 p.m.	BODYPUMP™ 5:00-6:00 p.m. Caroline (B)
6 p.m.	Vinyasa Yoga 6:30-7:30pm Helen (MB)

**FREE WEEK:
AUGUST 14 - 20**

No Class

9/1-9/4

10/27 - 10/29

11/17 - 11/26

(Dates subject to change)

No Deep Water Fitness Class

11/8

11/30 - 12/1

(Dates subject to change)

Group Fitness 

Water 

Mind Body 

Free to Pass Holders 

Cycle 

Functional Training Room 

Ramsey Membership and fitness pass required to attend group fitness classes. See the key above for pass types. All-Access passes provide entrance to any class on this schedule. Visit the Rec Sports website or main office to purchase a pass.