

# Group Exercise Schedule

	PILATES STUDIO	YOGA STUDIO	EXERCISE AND THERAPY POOLS
<b>M O N D A Y</b>	10:10am <b>CXWORX</b> (30m) <i>Olga</i> 4:35pm <b>CXWORX</b> (30m) <i>Raeann</i> 5:30pm <b>BodyFlow</b> <i>Kellie/Ali S.</i> 7:00pm <b>BARRE</b> (45) <i>Amy</i>	9:00am <b>Active Yoga</b> <i>Karen</i> 10:30am <b>Multi-Level Yoga</b> <i>Tia</i> 1:30pm <b>Gentle Yoga</b> <i>Karen</i> 5:45pm <b>Active Yoga</b> <i>Karen</i> 7:00pm <b>Multi-Level Yoga</b> <i>Terry</i>	8:00am <b>Hydro-Power</b> <i>Tammy</i> EP 9:30am <b>Aqua Mix</b> <i>Elaine</i> EP 11:30am <b>Easy Moves</b> (45m) <i>Marie</i> TP 5:00pm <b>Easy Moves</b> (45m) <i>Marie</i> TP 5:30pm <b>Tabata</b> <i>Laura</i> EP
<b>T U E S D A Y</b>	9:15am <b>Pilates</b> <i>Michelee</i> 5:30pm <b>Pilates</b> <i>Michelee</i> 7:00pm <b>QiGong</b> <i>Eileen</i>	9:00am <b>Multi-Level Yoga</b> <i>Diana</i> 11:15am <b>Chair Yoga</b> <i>Diana</i> 1:30pm <b>Gentle Yoga</b> <i>Michelee</i> 5:30pm <b>Multi-Level Yoga</b> <i>Tia</i>	9:15am <b>Tabata</b> (45m) <i>Becky</i> EP 10:30am <b>Joyful Joints</b> (45m) <i>Marie</i> TP 11:30am <b>Easy Moves</b> (45m) <i>Marie</i> TP 5:30pm <b>Aqua Zumba</b> <i>Taylor</i> EP
<b>W E D N E S D A Y</b>	10:10am <b>BodyFlow</b> (30m) <i>Kellie</i>	9:00am <b>Multi-Level Yoga</b> <i>Terry</i> 12:10pm <b>Multi-Level Yoga</b> <i>Karen</i> 5:30pm <b>Yin &amp; Gentle Flow Yoga Combo</b> (90m) <i>Renee</i>	8:00am <b>Mix It Up</b> <i>Tammy</i> EP 9:30am <b>Hydro-Power</b> <i>Elaine</i> EP 10:15am <b>Aqua Yoga</b> <i>Karen</i> TP 11:30am <b>Easy Moves</b> (45m) <i>Marie</i> TP 5:00pm <b>Easy Moves</b> (45m) <i>Marie</i> TP 5:30pm <b>Hydro-Power</b> <i>Jeanine</i> EP
<b>T H U R S D A Y</b>	5:45am <b>BARRE</b> (45m) <i>Amy</i> 10:15am <b>Pilates</b> <i>Michelee</i> 5:30pm <b>Pilates</b> <i>Paula</i>	9:00am <b>Yin Yoga</b> <i>Renee</i> 1:30pm <b>Gentle Yoga</b> <i>Terry</i> 5:00pm <b>Multi-Level Yoga</b> <i>Pat</i> 6:30pm <b>Multi-Level Yoga</b> <i>Terry</i>	9:15am <b>Hydro-Combo</b> (45m) <i>Becky</i> EP 10:30am <b>Joyful Joints</b> (45m) <i>Marie</i> TP 11:30am <b>Easy Moves</b> (45m) <i>Marie</i> TP 5:30pm <b>Hydro-Power</b> <i>Marie</i> EP 6:30pm <b>Aqua Zumba</b> <i>Taylor</i> TP
<b>F R I D A Y</b>	10:10am <b>CXWORX</b> (30m) <i>Olga</i>	6:30am <b>Multi-Level Yoga</b> <i>Diana</i> 9:00am <b>Multi-Level Yoga</b> <i>Noreen</i> 1:30pm <b>Gentle Yoga</b> <i>Noreen</i> 5:45pm <b>Gentle Yoga</b> <i>Tia</i>	8:00am <b>Hydro-Power</b> <i>Tammy</i> EP 11:30am <b>Easy Moves</b> (45m) <i>Marie</i> TP 5:00pm <b>Easy Moves</b> (45m) <i>Marie</i> TP
<b>S A T U R D A Y</b>	8:00am <b>Pilates</b> <i>Paula</i>	9:00am <b>Active Yoga</b> <i>Karen</i> 10:30am <b>Chair Yoga</b> <i>Karen</i>	9:00am <b>Water in Motion</b> <i>Jen</i> EP  *EP Exercise Pool/TP Therapy Pool
<b>S U N D A Y</b>	10:00am <b>QiGong</b> <i>Eileen</i>	9:00am <b>Multi-Level Yoga</b> <i>Varies</i>	*Group Exercise classes are 55 minutes, unless noted on the schedule

**Center Hours:**

Mon.-Thurs. 5:00am-10:00pm    Sat./Sun 7:00am-6:00pm  
Fri. 5:00am-9:00pm

LECOM Medical Fitness and Wellness Center  
5401 Peach Street, Erie, PA  
814-868-7800

# Group Exercise Schedule

	AEROBICS STUDIO	CYCLE STUDIO
<b>M O N D A Y</b>	5:25am <b>GRIT STRENGTH</b> (30m) <i>Kellie/Ali S.</i> 3:30pm <b>BodyPump</b> <i>Raeann</i> 6:00am <b>BodyFlow Express</b> (30m) <i>Kellie/Ali S.</i> 4:55pm <b>GRIT PLYO/CARDIO</b> (30m) <i>Kellie/Ali</i> 8:00am <b>Fit Fusion</b> <i>Denise</i> 5:30pm <b>BodyPump</b> <i>Elena</i> 9:05am <b>BodyPump</b> <i>Olga</i> 10:15am <b>Gentle Fitness</b> (45m) <i>Karen</i> 11:30am <b>BARRE</b> (45m) <i>Becky</i>	6:00am <b>RPM</b> (45m) <i>Virtual</i> 4:30pm <b>SPRINT</b> (30m) <i>Elena</i> 5:30pm <b>Cycle Fusion</b> (45m) <i>Pam</i>
<b>T U E S D A Y</b>	5:30am <b>BodyPump</b> <i>Kellie</i> 12:45pm <b>BARRE</b> (45m) <i>Michelee</i> 7:00am <b>BodyAttack</b> (45m) <i>Steph</i> 4:00pm <b>BodyPump/CX Combo</b> (1hr) <i>Raeann</i> 8:00am <b>Pure Strength</b> <i>Becky</i> 5:25pm <b>GRIT STRENGTH</b> (30m) <i>Ali S.</i> 9:00am <b>Body Works Plus</b> <i>Peggy</i> 6:00pm <b>BodyCombat</b> <i>Nicole</i> 10:15am <b>Gentle Fitness</b> (45m) <i>Diana</i> 7:00pm <b>BodyPump</b> <i>Marianne</i> 11:00am <b>BodyJam</b> <i>Jan</i>	5:45am <b>Cycle</b> <i>Stephanie</i> 9:30am <b>RPM</b> (45m) <i>Kellie</i> 5:00pm <b>Cycle</b> <i>Damian</i>
<b>W E D N E S D A Y</b>	5:25am <b>GRIT PLYO (30m)</b> <i>Kellie</i> 4:30pm <b>BARRE</b> <i>Elena</i> 6:00am <b>CXWORX (30m)</b> <i>Kellie</i> 5:30pm <b>BodyPump</b> (45m) <i>Kellie</i> 8:00am <b>Fit Fusion</b> <i>Denise</i> 9:05am <b>BodyPump</b> <i>Ernily</i> 10:30am <b>Gentle Fitness</b> (45m) <i>Becky</i> 3:30pm <b>BodyPump</b> <i>Elena</i>	5:45am <b>Cycle</b> <i>Kim</i> 9:30am <b>SPRINT</b> (30m) <i>Bob</i> 5:30pm <b>SPRINT</b> (30m) <i>Pam</i>
<b>T H U R S D A Y</b>	5:30am <b>BodyPump</b> (45m) <i>Ali S.</i> 6:00pm <b>BodyAttack</b> (45m) <i>Brianne</i> 8:00am <b>Pure Strength</b> <i>Becky</i> 7:00pm <b>BodyPump</b> <i>Raeann</i> 9:00am <b>Body Works Plus</b> <i>Peggy</i> 10:15am <b>BARRE</b> (45m) <i>Kellie</i> 1:00pm <b>Dynamic Mobility</b> <i>Varies (til Feb. 3<sup>rd</sup>)</i> 4:00pm <b>BodyJam</b> <i>Julie</i> 5:00pm <b>BodyFlow</b> (45m) <i>Elena</i>	5:45am <b>SPRINT</b> (30m) <i>Pam</i> 5:30pm <b>RPM</b> (45m) <i>Kellie/Nicole</i>
<b>F R I D A Y</b>	6:00am <b>BodyAttack</b> (30m) <i>Brianne</i> 8:00am <b>Fit Fusion</b> <i>Denise</i> 9:05am <b>BodyPump</b> <i>Jenna</i> 10:15am <b>Gentle Fitness</b> (45m) <i>Jenna</i> 4:30pm <b>BodyCombat</b> <i>Ali S.</i> 5:30pm <b>BodyPump</b> <i>Lauren</i>	9:30am <b>SPRINT</b> (30m) <i>Olga</i> 4:30pm <b>SPRINT</b> (30m) <i>Elena</i>
<b>S A T U R D A Y</b>	7:10am <b>BodyPump</b> <i>Kristen</i> 8:15am <b>BodyJam</b> <i>Allie T.</i> 8:30am <b>GRIT CARDIO</b> (Gymnasium) (30m) <i>Ali S.</i> 9:15am <b>BodyPump</b> <i>Ali S.</i> 10:20am <b>BARRE</b> (45m) <i>Allie T.</i>	8:00am <b>Cycle</b> <i>Jim</i> 9:10am <b>RPM</b> (45m) <i>Danielle</i>
<b>S U N D A Y</b>	8:00am <b>BodyPump</b> <i>Varies</i> 9:05am <b>BodyAttack</b> (45m) <i>Kellie</i> 1:00pm <b>Dynamic Mobility</b> <i>Varies (til Feb. 3<sup>rd</sup>)</i>	8:15am <b>Cycle Fusion</b> (45m) <i>Raeann</i> 9:30am <b>SPRINT</b> (30m) <i>Pam</i>  *Group Exercise classes are 55 minutes, unless noted on the schedule

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