

September 2019

Group Exercise Schedule

	PILATES STUDIO	YOGA STUDIO	EXERCISE AND THERAPY POOLS
M O N D A Y	10:10am CXWORX (30m) <i>Olga or Virtual in Cycle Studio</i> 5:30pm BodyFlow <i>Kellie/Ali S.</i>	9:00am Multi-Level Yoga <i>Sara</i> 10:30am Gentle Yoga <i>Tia</i> 1:30pm Gentle Yoga <i>Karen</i> 5:45pm Active Yoga <i>Karen</i> 7:00pm Multi-Level Yoga <i>Terry</i>	8:00am Hydro-Power <i>Tammy EP</i> 9:15am Aqua Mix <i>Elaine EP</i> 10:30am Easy Moves (45m) <i>Marie TP</i> 5:00pm Easy Moves (45m) <i>Marie TP</i> 5:30pm Tabata <i>Laura EP</i>
T U E S D A Y	9:15am Pilates <i>Michelee</i> 1:00pm Dynamic Movement (<i>Dalton</i>) <i>Starts 9-10</i> NEW 5:30pm Pilates <i>Michelee</i> 7:00pm QiGong <i>Eileen</i>	9:00am Multi-Level Yoga <i>Diana</i> 11:15am Chair Yoga <i>Diana</i> 1:30pm Gentle Yoga <i>Michelee</i> 5:30pm Gentle Yoga <i>Tia</i>	9:15am Tabata (45m) <i>Krista EP</i> 10:30am Joyful Joints (45m) <i>Marie TP</i> 11:30am Easy Moves (45m) <i>Marie TP</i> 5:30pm Aqua Zumba <i>Taylor EP</i>
W E D N E S D A Y	10:10am BodyFlow (30m) <i>Kellie</i>	9:00am Multi-Level Yoga <i>Terry</i> 12:10pm Multi-Level Yoga <i>Karen</i> 5:30pm Yin & Gentle Flow Yoga Combo (90m) <i>Renee</i>	8:00am Mix It Up <i>Tammy EP</i> 9:15am Hydro-Power <i>Elaine EP</i> 10:15am Aqua Yoga <i>Karen TP</i> 11:30am Easy Moves (45m) <i>Marie TP</i> 5:00pm Easy Moves (45m) <i>Marie TP</i> 5:30pm Hydro-Power <i>Jeanine EP</i>
T H U R S D A Y	9:15am Pilates <i>Michelee</i> 1:00pm Dynamic Movement (<i>Dalton</i>) <i>Starts 9-12</i> NEW 5:30pm Pilates <i>Paula</i>	9:00am Yin Yoga <i>Renee</i> 1:30pm Gentle Yoga <i>Terry</i> 6:30pm Multi-Level Yoga <i>Terry</i>	9:15am Tabata (45m) <i>Krista EP</i> 10:30am Joyful Joints (45m) <i>Marie TP</i> 11:30am Easy Moves (45m) <i>Marie TP</i> 5:00pm Hydro-Power <i>Marie EP</i>
F R I D A Y	9:05am CXWORX (30m) <i>Olga</i> NEW	9:00am Multi-Level Yoga <i>Noreen</i> 1:30pm Gentle Yoga <i>Noreen</i>	8:00am Hydro-Power <i>Tammy EP</i> 10:30am Easy Moves (45m) <i>Marie TP</i>
S A T U R D A Y	8:00am Pilates <i>Paula</i>	9:00am Active Yoga <i>Karen</i> 10:30am Chair Yoga <i>Karen</i>	8:30am Water in Motion <i>Jen EP</i> *EP Exercise Pool/TP Therapy Pool
S U N D A Y	10:00am QiGong <i>Eileen</i>	9:00am Multi-Level Yoga <i>Varies</i>	

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

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Group Exercise Schedule

	AEROBICS STUDIO	CYCLE STUDIO
M O N D A Y	5:25am GRIT STRENGTH (30m) <i>Kellie/Ali S.</i> 3:30pm BodyPump <i>Raeann</i> 6:00am BodyFlow Express (30m) <i>Kellie/Ali S.</i> 4:55pm GRIT ATHLETIC/CARDIO (30m) 8:00am FUZE <i>Krista NEW</i> 5:30pm BodyPump <i>Elena</i> 9:05am BodyPump <i>Jenna</i> 10:15am Gentle Fitness (45m) <i>Karen</i>	5:30am RPM (45m) <i>Chuck</i> 9:30am SPRINT (30m) <i>Olga NEW</i> 4:30pm SPRINT (30m) <i>Elena</i>
T U E S D A Y	5:30am BodyPump <i>Kellie</i> 4:00pm BodyPump/CX Combo (1hr) <i>Raeann</i> 8:00 BodyJam <i>Jan</i> 5:25pm GRIT STRENGTH (30m) <i>Ali S.</i> 9:00 Body Works Plus <i>Peggy</i> 6:00pm BodyCombat <i>Gabby/Nicole</i> 10:15am Gentle Fitness <i>Diana</i> 12:45pm BARRE (40m) <i>Michelee</i>	9:30am RPM (45m) <i>Kellie</i> 5:00pm Cycle <i>Damian</i>
W E D N E S D A Y	5:25am GRIT ATHLETIC (30m) <i>Kellie</i> 4:30pm BARRE (45m) <i>Elena</i> 6:00am CXWORX (30m) <i>Kellie</i> 5:30pm BodyPump (45m) <i>Tara</i> 8:00am BURN <i>Krista NEW</i> 9:05am BodyPump <i>Emily</i> 10:15am Gentle Fitness <i>Jan</i> 3:30pm BodyPump <i>Elena</i>	5:45am Cycle <i>Kim</i> 9:30am SPRINT (30m) <i>Bob</i> 5:30pm SPRINT (30m) <i>Pam</i>
T H U R S D A Y	5:30am BodyPump (45m) <i>Ali S.</i> 8:00am FLEX <i>Krista NEW</i> 9:00am Body Works Plus <i>Peggy</i> 10:15am BARRE <i>Kellie NEW</i> 4:00pm BodyJam <i>Julie</i> 5:00pm BodyFlow (45m) <i>Elena</i> 6:00pm BodyAttack (30m) <i>Brianne</i>	5:45am SPRINT (30m) <i>Pam</i> 5:30pm RPM (45m) <i>Kellie/Nicole</i>
F R I D A Y	5:45am BARRE (45m) <i>Amy</i> 8:15am BodyPump <i>Olga NEW</i> 9:30am FUZE (45m) <i>Kellie NEW</i> 10:30am Gentle Fitness <i>Jeanine NEW</i> 4:30pm BodyCombat <i>Ali S.</i>	4:30pm SPRINT (30m) <i>Elena</i>
S A T U R D A Y	8:00am BodyPump <i>Kristen</i> 8:30am GRIT CARDIO (Gymnasium) (30m) <i>Ali S.</i> 9:00am FUZE <i>Allie T. NEW</i> 10:00am BARRE <i>Allie T. NEW</i>	8:00am Cycle <i>Jim</i>
S U N D A Y	8:00am BodyPump <i>Deb</i> 9:05am BodyAttack (45m) <i>Kellie</i> *CHECK OUT OUR NEWEST CLASS OFFERINGS! FUZE -The perfect blend of Strength and Cardio FLEX -Good old fashioned strength training BURN -A cardio kick that will energize and burn fat These classes will range 45-55 minutes	9:30am SPRINT (30m) <i>Pam</i> *Group Exercise classes are 55 minutes, unless noted on the schedule