



# LEXINGTON JUNE 2019 SCHEDULE

770-487-4273

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:15a	Muscle Challenge <i>Gabe</i>		Muscle Fusion <i>Heidi</i>	Yoga for Athletes Express <i>Heidi</i>	Muscle Challenge <i>Mary Catherine</i>	
6:30a	Muscle Challenge <i>Brycie</i>	Freestyle Step <i>Brycie</i>				
8:15a	<b>WQ Step</b> <i>Linda</i>	POWER YOGA FUSION <i>Amber</i>	HIIT Express <i>Andi/Megan B</i>	<b>WQ Transform</b> <i>Lyndsay</i>	<b>WQ Step</b> <i>Linda</i>	<b>WQ Sport</b> <i>Nicole</i>
9:20a	MUSCLE CHALLENGE <i>Linda</i>	<b>WQ Power Mix</b> <i>Linda</i>	Pilates Mat Plus <i>Renee R.</i> (Extended 75 min class)	<b>WQ Power Mix</b> <i>Linda</i>	MUSCLE CHALLENGE <i>Carrie</i>	<b>9:15am WQ Power</b> <i>Nicole</i>
10:30a	ZUMBA fitness <i>Mike</i>	<b>WQ Power Mix</b> <i>Beth</i>	10:40am Senior Challenge Express <i>Thebither</i>	Heart Smart <i>Lois</i>	Heart Smart Muscle and Mind <i>Katie</i>	10:20am YOGA <i>Jennifer</i> (75 min)
11:30a	<u>11:45am</u> Senior Challenge <i>Natalie</i>	GENTLE YOGA <i>Anna</i>	POWER Vinyasa YOGA <i>Melinda</i>	GENTLE YOGA <i>Katie</i>	Pilates Mat Plus <i>Renee R.</i> (Extended 75 min class)	<b>11:45am</b> ZUMBA fitness <i>Alice</i>
4:30p	<b>WQ Power</b> <i>Tiffany</i>	<b>4:15pm Yoga</b> <i>Jennifer</i>		<b>4:15pm WQ Transform</b> <i>Lyndsay</i>		
5:30p	HIIT <i>Andi/Amber</i>	CARDIO SCULPT <i>Cathy A</i>	Muscle Fusion <i>Amber</i>	<b>WQ Step</b> <i>Tamara</i>		
6:30p	<b>7pm: YOGA</b> <i>Sue</i>	ZUMBA fitness <i>Meghan</i>	ZUMBA fitness <i>Alena</i>	ZUMBA fitness <i>Mike</i>		
7:30p			YOGA <i>Lindsay B</i>			

## STUDIO "B"

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
	<b>**7:30am Yoga</b> <i>Heidi</i>	<b>9:20AM</b> <b>*SILVERSNEAKERS</b> Classic <i>Julie</i>	<b>**7am Yoga</b> <i>Natalie</i>	<b>9:20am Stretch</b> <i>Lois</i>	<b>**7am Restorative</b> Yoga <i>Natalie</i>	
10:30am	Senior Challenge <i>Thebither</i>	<b>10:25am</b> Stretch <i>Julie</i>	SILVERSNEAKERS Classic <i>Scott</i>	SILVERSNEAKERS Classic <i>Natalie</i>	Senior Challenge <i>Thebither</i>	
11:45am	SILVERSNEAKERS Classic <i>Heidi</i>		SILVERSNEAKERS Classic <i>Natalie</i>	<b>11:30am</b> Chair Yoga <i>Natalie</i>	<b>11:30am</b> Senior Challenge <i>Thebither</i>	

## AQUA SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:15a	AQUA FIT <i>Val</i>	SWIMFIT <i>Tiffany</i>	AQUA FIT <i>Mary Carol</i>	SWIMFIT <i>Tiffany</i>	AQUA FIT <i>Lois</i>	
9:15a	WATER WORKS <i>Lisa</i>		WATER WORKS <i>Lisa</i>		WATER WORKS <i>Lois</i>	WATER WORKS <i>Mary-Carol</i>
10:15a	A LIGHTER SPLASH <i>Lisa</i>	SILVERSPASH <i>Margaret</i>	A LIGHTER SPLASH <i>Rebecca</i>	SILVERSPASH <i>Lisa</i>		
5:30p	WATER WORKS <i>Mary Carol</i>		WATER WORKS <i>LeeAnn</i>	<b>***Pool is closed for cleaning every Mon/Wed/Fri from 2:15pm-3:15pm</b>		