



Land & Water Group Fitness Class Schedule

JAN

MONDAY				
Morning	5:45 - 6:45	Power House	Studio A	Diane
	7:00 - 8:00	Power Yoga	Studio A	Lanie
	9:15 - 10:15	Deep Water	Lap Pool	Meg/Pam
	9:15 - 10:15	Cardio Sculpt	Gym	Ann
	9:15 - 10:15	Spinning	Studio B	Andrea T
	9:30 - 10:30	Fitness Yoga	Studio A	Mindy
	10:15 - 11:15	Aquacise	Warm Pl	Chris
	10:30 - 11:30	*Pilates Reformer	Studio B	Patty K
Mid-Day	11:15 - 12:00	Core Creations	Warm Pl	Pam
	11:35 - 12:35	*Pilates Reformer	Studio B	Carlie
	11:45 - 12:30	Ball Balance	Studio A	Ann
	12:00 - 1:00	Arthritis Plus	Warm Pl	Pam
Evening	1:00 - 2:00	Functional Fit	Lap Pool	Mary T
	1:30 - 2:30	Tai Chi Arthritis-2	Studio A	RJ
	5:30 - 6:30	Spinning	Studio B	Carlie
	5:45 - 6:45	Arthritis	Warm Pl	Rotating
	5:50 - 6:50	Zumba	Studio A	Elena
Evening	6:30 - 7:30	Boot Camp	Track/A	Carlie
	7:35 - 8:35	Yoga Flow	Studio A	Corrine
WEDNESDAY				
Morning	5:45 - 6:45	Total Body	Studio A	Diane
	7:00 - 8:15	Yin Yoga	Studio A	Shan
	9:15 - 10:15	Deep Water	Lap Pl	Pam
	9:15 - 10:15	Recess	Gym	Andrea T
	9:30 - 10:30	Spinning	Studio B	Jen J
	10:15 - 11:15	Aquacise	Warm Pl	Rania
	10:15 - 11:15	Zumba	Studio A	Marie L
	10:35 - 11:35	*Pilates Reformer	Studio B	Jen J
	11:15 - 12:00	Core Creations	Warm Pl	Rania
Mid-day	11:40 - 12:40	*Pilates Reformer	Studio B	Terri R
	11:45 - 12:30	Ball Balance	Studio A	Lynn
	12:00 - 1:00	Arthritis Plus	Warm Pl	Pam/Mary
	1:00 - 2:00	Functional Fit	Lap Pool	Mary T
Mid-day	1:30 - 2:30	Tai Chi Arthritis-2	Studio A	RJ
	5:30 - 6:30	Spinning	Studio B	J Horezniak
	6:30 - 7:30	Boot Camp	Track/A	
Evening	7:35 - 8:35	Hatha Yoga	Studio A	Diana

TUESDAY				
Morning	5:45 - 6:45	Spinning	Studio B	Patty
	6:00 - 7:00	Boot Camp	Gym	Marie
	7:00 - 8:15	Integrated Yoga	Studio A	Shan
	9:30 - 10:30	Move N Groove	Studio A	Patty K
	9:30 - 10:30	Spinning	Studio B	J Horezniak
	9:45 - 10:45	Deep Water	Lap Pool	Sanjita
	10:35 - 11:35	Pilates	Studio A	Patty K
	Mid-day	12:00 - 1:00	Warm Water	Warm Pl
12:00 - 1:00		Yoga Stretch	Studio A	Bhargavi
1:30 - 2:30		Arthritis Land	Studio A	Tracy
Evening	5:15 - 5:45	Amazing Abs	Studio A	Darla
	5:45 - 6:30	Power Pump	Studio A	Darla
	6:00 - 7:00	Spinning	Studio B	Chip
	6:30 - 7:30	Deep Water	Lap Pool	Pam
	7:00 - 8:00	*Pilates Reformer	Studio B	Darla
	7:35 - 8:35	Pilates	Studio A	Mike
	THURSDAY			
Morning	5:45 - 6:45	Spinning	Studio B	Pam
	6:00 - 7:00	Boot Camp	Gym	Marie
	7:00 - 8:00	Fusion Yoga	Studio A	Tetyana
	9:30 - 10:30	Move N Groove	Studio A	Patty K
	9:30 - 10:30	Spinning	Studio B	Carlie
	9:45 - 10:45	Deep Water	Lap Pool	Sanjita
	10:35 - 11:35	Yogalates	Studio A	Vina
	10:40 - 11:40	*Pilates Reformer	Studio B	Patty K
	Mid-day	12:00 - 1:00	Warm Water	Warm Pl
1:30 - 2:30		Arthritis Land	Studio A	Pam
Evening	5:15 - 6:15	*Transformations	Studio B	Andrea T
	5:15 - 5:45	Amazing Abs	Studio A	Ann
	5:45 - 6:45	Cardio-sculpt	Studio A	Ann
	6:30 - 7:30	Deep Water	Lap Pool	Meg/Pam
	6:30 - 7:30	*Pilates Reform	Studio B	Carlie

Bold Classes are New See other side for Fri-Sun classes



Land & Water Group Fitness Class Schedule

JAN

FRIDAY

Morning	5:45 - 6:45	Total Body	Studio A	Diane
	7:00 - 8:00	Power Yoga	Studio A	Lanie
	7:15 - 8:15	*Pilates Reformer	Studio B	Andrea T
	9:00 - 10:00	Recess	Gym	Andrea T
	9:15 - 10:15	Deep Water	Main Pl	Meg/Pam
	9:15 - 10:30	Hatha Yoga	Studio A	Diana
	9:30 - 10:30	Spinning	Studio B	Pam S
	10:15 - 11:15	Aquacise	Warm Pl	Alice
	10:35 - 11:35	Zumba	Studio A	Marie L
	11:15 - 12:00	Core Creations	Warm Pl	Alice
Mid-day	12:00 - 1:00	Arthritis Plus	Warm Pl	Alice
	12:30 - 1:30	Tai Chi Arthritis-	Studio A	RJ
	1:00 - 2:00	*Pilates Reformer	Studio B	Andrea T
Evening	5:00 - 7:00	Family Swim	Warm Pl	

Facility Hours of Operation

5:15 - 10 PM Monday - Thursday
 5:15 - 9 PM Friday
 7:00 - 7 PM Saturday
 7:00 - 6 PM Sunday

***TRX boot camp class, Pilates Reformer, Ballroom Dance, Martial Arts, and Transformations Classes are fee based. Please see front desk for prices.**

Non-Member passes are available.
 \$15 per class or \$120 for 10 passes

Pool Water Temperature

Lap Pool 80 - 82 F
 Warm Water Pool 88 - 90 F

SATURDAY

Morning	7:45 - 9:15	Ashtanga Yoga	Studio B	Shan
	8:00 - 9:00	Body Sculpt	Studio A	Kathie
	9:05 - 10:05	Traditional Step	Studio A	Marie
	*9:15 - 10:15	TRX Boot Camp	Gym	Carlie
	9:30 - 10:30	Spinning	Studio B	Chip
	10:10 - 11:10	Power House	Studio A	Marie
	10:40 - 11:40	*Pilates Reformer	Studio B	Andrea
	11:15 - 12:15	Zumba	Studio A	Elena
	11:00 - 12:00	Deep Water	Lap Pool	Sanjita
	Mid-day	3:30 - 5:30	Family Swim	Warm Pl
Evening				

SUNDAY

Morning	9:00 - 10:30	Spinning Challeng	Studio B	J Horezniak
	10:00 - 11:00	Pilates	Studio A	Mike
	11:15 - 12:15	Liquid Fusion	Warm Pool	Alice
	11:30 - 12:30	Meditation Yoga	Studio A	Vina
	11:30 - 12:15	Spin Beginner	Studio B	Claude
	12:30 - 1:30	Deep Water	Lap Pool	Pam
	Mid-day	2:00 - 4:00	Family Swim	Warm Pool

www.trihealthpavilion.com

Pavilion Front Desk 985-0900
 Group Fitness Department 985-6742

Bold Classes are New See other side for Mon-Thurs classes