

HALE GROUP EXERCISE SCHEDULE



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Starting
6/14/2021

LIVE AT HALE STUDIO

MONDAY

CYCLE

Earl
5:15A
A CAP 15

BODYPUMP

Agnes
6:00A
A CAP 18

CYCLE/CORE

Christina
9:00A
G CAP 18

BODYPUMP

Julie
10:00A
G CAP 20

CHAIR YOGA

Starts 6/14/21
Martha
11:00A
A CAP 18

BODY PUMP

Jaimee:
4:30P
A CAP 18

STEP
BEGINS JULY—
Melissa
CARDIO BLAST
BEGINS AUGUST—
Agnes
5:30P
A CAP 18

TUESDAY

LIFT

Bri
5:15A
G CAP 20

KETTLEBELL

Sam
6:00A
A CAP 18

PILATES

Tina
8:30A
A CAP 18

SENIOR STRENGTH & CARDO

Cindy
10:00 A
G CAP 20

BODY COMBAT

Erin
4:30P
A CAP 15

STRETCH

Starts 6/15/21
Autumn
5:30P
A CAP 18

WEDNESDAY

INSTRUCTOR CHOICE

Erin/Sam/Agnes
5:30A
A CAP 18

CYCLE

Jenn
8:00A
A CAP 18

CORE & MORE

Bri
9:00A
G CAP 18

ZUMBA

Jaimee
4:30P
G CAP 20

BODY PUMP

Melissa
5:30P
A CAP 18

THURSDAY

MIXFIT

Bri
5:15A
G CAP 20

FUSION RX BEGINS JULY 1

Earl
5:30A
B CAP 6

BODY COMBAT

Jenn
8:15A
A CAP 18

BODYPUMP

Julie
10:00A
G CAP 20

SR STRENGTH & STRETCH

Julie
11:00A
G CAP 20

BODY COMBAT

Jaimee
4:30P
A CAP 18

TAG

Starts 7/8/21
Melissa/Agnes
5:30P
A CAP 18

FRIDAY

CYCLE

Earl/Jenn
5:15A
G CAP 20

KETTLEBELL

Erin
6:00A
A CAP 18

TAG

Christina
9:00A
A CAP 18

TAIJI

Danilo
Ends 6/25 will
resume in Sept
12:30P
A CAP 18

SATURDAY

ZUMBA

Sarah
8:30A
G CAP 20

CYCLE STRENGTH

Nicole
9:30A
A CAP 18

YOGA

Rhonda
11:00A
A CAP 18

SUNDAY

SUNDAY CYCLE

Erin
7:30A
A CAP 18

BODY PUMP

Erin
8:30A
A CAP 18

STRETCH

Autumn
9:30A
A CAP 18

Key

G = Gymnasium : A = Studio A: CAP =class capacity

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Pool Classes

MONDAY

AQUA FITNESS
Julie
9:00A
Lap Pool CAP 24

TUESDAY

AQUA FITNESS
Cindy
9:00A
Lap Pool CAP 24

GENTLE JOINTS
Salina
12:00—12:45P
WWP CAP 14

AQUA FITNESS
Starts 7/6/21
Agnes
5:30P
Lap Pool CAP 24

WEDNESDAY

AQUA FITNESS
Cindy
9:00A
Lap Pool CAP 24

THURSDAY

AQUA FITNESS
Cindy
9:00A
Lap Pool CAP 24

GENTLE JOINTS
Cindy
12:00—12:45P
WWP CAP 14

FRIDAY

AQUA FITNESS
Cindy
9:00A
Lap Pool CAP 24

SATURDAY

AQUA FITNESS
Melissa/Agnes
9:00A
Lap Pool CAP 24

SUNDAY