



STONE CREEK GROUP FITNESS SCHEDULE

EFFECTIVE June 8, 2020

MONDAY

TUESDAY

WEDNESDAY

Time	Studio	Class	Instructor	Time	Studio	Class	Instructor	Time	Studio	Class	Instructor
5:15	II	Stages Flight	Judith	5:15	III	Hot Flow Yoga	Kara	5:15	II	Stages Flight	Judith
7:00	F.I.T. 45	F.I.T. 45-Strength (\$)	Jonathan	6:15	Pool	Swim Fit	Leon	8:15	III	The Barre Workout (45)	Berly
8:30	II	Stages Flight (45)	Berly	7:30	II	Sprint™(30)	Addie	8:30	I	BodyPump™ (45)	Maureen
8:30	F.I.T. 45	F.I.T. 45-Strength (\$)	Mallory	8:15	III	Hot Flow Yoga (45)	Kara	8:30	F.I.T. 45	F.I.T. 45-Strength (\$)	Mallory
9:30	Pool	Aqua Zumba	Jennifer	8:30	I	BodyCombat™ (45)	Maureen & Jonathan	9:30	III	Gentle Yoga (45)	Virginia
9:30	I	Interval Boot Camp (45)	Tyler	8:30	II	Stages Flight (45)	Anne	9:45	I	Powerstrike Impact (45)	Courtney
9:30	III	Pilates Mat (45)	Virginia	9:30	Pool	Aqua Fitness	Cackey	12:00	II	Stages Flight (45)	Karynne
10:45	III	Warm Flow Yoga (45)	Diane	9:30	III	Hot Pilates Mat (45)	Berly	4:30	III	Warm BodyFlow™ (45)	Susan
12:00	II	Stages Flight (45)	Becca	9:45	I	BodyPump™ (45)	Maureen	5:30	I	Grit Series™(30)	Susan
12:00	III	The Barre Workout (45)	Kim/Susan	12:00	I	BodyPump™(45)	Stephanie	5:30	II	Sprint™(30)	Addie
5:30	II	Sprint™(30)	Lindsay	12:00	III	Hot BodyFlow™ (45)	Maureen	5:30	Pool	Swim Fit	Alix
5:30	III	The Barre Workout (30)	Maddy	4:30	I	Boot Camp 101 (30)	Jennifer K.	5:45	III	Hot Flow Yoga (45)	Erica H.
5:30	I	TBC (30)	Erica	5:30	III	Hot Flow Yoga (45)	Nahdi	6:30	I	BodyPump™ (45)	Suzanne
6:30	I	BodyPump™ (45)	Alecia & Tom	5:30	I	Powerstrike Combo (45)	Erica	For your safety, do not enter class after the warm up has been completed.			
6:30	III	Gentle Yoga (45)	Rachael								

THURSDAY

FRIDAY

SATURDAY

Time	Studio	Class	Instructor	Time	Studio	Class	Instructor	Time	Studio	Class	Instructor
5:15	I	BodyPump™	Stephen	5:15	II	Stages Flight	Judith	8:00	III	Pilates Mat (30)	Maddy
5:15	III	Hot Flow Yoga	Emily	7:00	F.I.T. 45	F.I.T. 45-Boot Camp (\$)	Tyler	9:00	III	The Barre Workout (45)	Maddy
6:15	Pool	Swim Fit	Cackey	8:15	III	The Barre Workout (45)	Maddy	9:00	I	BodyCombat™ (45)	Erica & Melissa
8:15	III	Pilates Mat (45)	Melinda	8:30	I	BodyPump™ (45)	Melissa	9:00	II	Stages Flight (45)	Tara
8:30	II	Stages Flight (45)	Kara	9:00	F.I.T. 45	F.I.T. 45-Strength (\$)	Mallory	9:00	Pool	Swim Fit	Alix
9:30	Pool	Aqua Fitness	Alyson	9:30	III	Warm Gentle Yoga (30)	Virginia	9:30	BB	Interval Boot Camp	Bonnie
9:30	I	Grit Series™(30)	Molly K.	9:30	Pool	Aqua Fitness	Alyson	10:15	I	BodyPump™ (45)	Tara
9:45	III	Warm Flow Yoga (45)	Kara	9:45	I	Boot Camp (30)	Jennifer K.	10:15	II	Sprint™(30)	Lindsay
10:00	II	Sprint™(30)	Berly	10:30	III	Hot Total Body Fusion (45)	Berly	10:15	III	Warm Flow Yoga (45)	Erica H.
12:00	I	TBC (45)	Jonathan	12:00	II	Stages Flight (45)	Larry				
12:00	III	BodyFlow™ (45)	Maureen	4:30	I	BodyPump™ (45)	Susan				

STUDIO KEY

STUDIO I-Cardio/Strength

STUDIO II-Cycling

STUDIO III-Mind/Body

POOL

Basketball Court (BB)

F.I.T. 45

****Stone Creek is unable to provide mats at this time.**

Please bring your own mat to class.

SUNDAY

Time	Studio	Class	Instructor
9:30	II	Stages Flight (45)	Berly
9:45	I	Kickboxing (30)	Erica
10:30	III	BodyFlow™ (45)	Rotation
3:00	III	Hot Flow Yoga	Diane

\$: F.I.T. 45 is a fee based class

Heated Yoga Program-Infrared Heat:

Hot classes will be between 95-105 degrees

Warm classes will be between 83-93 degrees

