Fall Group Fitness Schedule  
August 26th – December 1st

**Monday:**

11-11:50am **Izzy Cycle & Core** – RS Staff  
12-12:50pm **Tarpie Yoga Essentials** – Gabby  
12-12:50pm **Izzy 20/20/20** – Bianca  
12-12:50pm **Pool Aqua Zumba** - Tania  
5:30-6:20pm **Izzy Yoga Flow** – Lauren  
6:30 – 7:20pm **Izzy Athletic Conditioning** – Nolan  
7:30-8:20pm **Tarpie Power Yoga** - Christine

**Tuesday:**

6:15-7am **Izzy Cycle** Sam  
11-11:50am **Tarpie Yoga Flow** – Lauren  
11-11:50am **Izzy Muscle Power Hour** – Sam  
12-12:50pm **Izzy Max Interval** – Joey  
12-12:50pm **Tarpie Yoga Essentials** – Gabby  
5:30-6:20pm **Tarpie Pilates** – Christine  
5:30-6:20pm **Izzy Dance Sculpt** - Elke  
6:30-7:20pm **Tarpie Zumba** – Saira  
6:30-7:20pm **Izzy IslanderFit** – Sam  
7:30-8pm **Tarpie Core** – Saira

**Wednesday:**

11-11:50am **Izzy H.I.T.T** – Saira  
11-11:50am **Tarpie Yoga Essentials** – Shelby  
12-12:50pm **Izzy Zumba** – Tania  
12-12:50pm **Tarpie Athletic Conditioning** – Nolan  
5:30-6:20pm **Tarpie 20/20/20** – Bianca  
5:30-6:20pm **Izzy Max Interval** – Joey  
5:30-6:20pm **Pool HydroFit** - Sam  
6:30-7:20pm **Tarpie Cycle & Core** – Elke  
6:30-8pm **Izzy Hatha Yoga** - Claire  
7:30 – 8:20pm **Tarpie Power Circuit** – Sam

**Thursday:**

6:15-7am **Izzy Cycle** Sam  
11-11:50am **Tarpie Zumba** – Tania  
11-11:50am **Izzy 20/20/20** – Bianca  
12-12:50pm **Tarpie Hatha Yoga** – Claire  
12-12:50pm **Izzy Max Interval** – Joey  
12-12:50pm **Pool HydroFit** - Sam  
5:30-6:20pm **Tarpie Zumba** – Saira  
5:30 – 6:20pm **Izzy Yoga Essentials** – Gabby  
6:30-7:20pm **Tarpie Power Yoga** – Christine  
7:30-8pm **Tarpie Pilates Express** – Christine

**Friday:**

12-12:50pm **Izzy Athletic Conditioning** – Nolan  
12-12:50pm **Tarpie Pilates** – Elke

**Saturday:**

12-12:50pm **Izzy Yoga Relax** – Lauren/Gabby  
12-12:50pm **Tarpie Cycle** - Elke

**Sunday:**

5-6:30pm **Tarpie Hatha Yoga** - Claire  
5-5:50pm **Izzy Dance Sculpt** – Elke/Saira