

THE ST·JAMES

GROUP FITNESS SCHEDULE

SPRINGFIELD
JUNE 1-30



BUILD



BURN



RECOVER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-6:45 AM	6:00-6:45 AM	6:00-6:45 AM	6:00-6:45 AM	6:00-6:45 AM	8:00-9:00 AM	9:00-9:45 AM
INFANTRY CAMP FIELD STUDIO GEORGE J	INFANTRY CAMP FIELD STUDIO ATHAR P	INFANTRY CAMP FIELD STUDIO CHRISTIE F	INFANTRY CAMP FIELD STUDIO MARC D	INFANTRY CAMP FIELD STUDIO GEORGE J	PERFORMANCE CYCLE CYCLE STUDIO HEIDI M	BARRE MAIN STUDIO AMANDA
7:00-7:45 AM	7:00-7:45 AM	6:00-6:45 AM	6:45-7:30AM	7:15- 8:00 AM	9:15-10:00 AM	9: 00-9:45 AM
PERFORMANCE CYCLE CYCLE STUDIO MARIA N	RHAPSODY CYCLE STUDIO HANNAH D	PERFORMANCE CYCLE CYCLE STUDIO HEIDI M	RHAPSODY CYCLE STUDIO HANNAH D	TABATA MAIN STUDIO GEORGE J	SCULPTED MAIN STUDIO ELISABETH B	PERFORMANCE CYCLE CYCLE STUDIO ATHAR P
7:15-8:00 AM	7:15-8:00 AM	7:00-7:45 AM	7:00-7:45 AM	7:00-7:45 AM	9:00-9:45 AM	10:00-10:45 AM
ATHLETIC GRIT FIELD HOUSE GEORGE J	HIIT THE TRACK TREADMILL STUDIO DEREK	HIIT THE TRACK TREADMILL STUDIO CHRISTIE F	STRONG TURF CHRISTIE F	PERFORMANCE CYCLE CYCLE STUDIO MARIA N	HIIT THE TRACK TREADMILL STUDIO ALEXX G	HIIT TRACK TREADMILL STUDIO ATHAR P
9:30-10:30AM	7:15-8:00 AM	9:30-10:15 AM	7:15-8:00 AM	8:30-9:30 AM	9:30-10:15 AM	10:00-11:00 AM
SCULPTED STUDIO B&C BECKY T	CARDIO BOXING MAIN STUDIO MARC D	PILATES FUSION STUDIO B&C BECKY T	BEYOND STRENGTH MAIN STUDIO MARC D	SCULPTED STUDIO B&C BECKY T	ATHLETIC G TURF KEITH T	YIN YOGA MAIN STUDIO GINNY L
10:15-11:00 AM	9:30-10:15 AM	10:00-11:00 AM	9:00-9:45 AM	10:15-11:00 AM	10:15-11:00 AM	10:30-11:15 AM
APEX HIKE TREADMILL STUDIO ALEXX G	BOXING STUDIO B&C JULIAN M	VINYASA YOGA MAIN STUDIO ALEX G	BARRE MAIN STUDIO GINNY L	APEX HIKE TREADMILL STUDIO ALEXX G	RHAPSODY CYCLE STUDIO ALEXX G	RHAPSODY CYCLE STUDIO KELLZ K
	10:30-11 :15 AM	10:15-11:00 AM	10:30-11:15 AM	9:30-10:45 AM	10:15-11:00 AM	
	DYNAMIC STRENGTH STUDIO B&C CORINA M	PERFORM FIELD STUDIO WILL B	CORE & MOBILITY STUDIO B&C CORINA M	PILATES REFORMER REFORMER STUDIO PATRICIA H	BOXING MAIN STUDIO JULIAN M	
10:00-11:00 AM	12:00-1:00 PM	11:00-12:00 PM	10:00 - 11:00 AM	10:00-11:00 AM	11:15-12:00 PM	
VINYASA YOGA MAIN STUDIO ALEX G	ATHLETIC YOGA MAIN STUDIO KAT B	AQUA POOL AREA MELVIN W	VINYASA YOGA MAIN STUDIO GINNY L	VINYASA YOGA MAIN STUDIO ALEX G	ZUMBA MAIN STUDIO RENE B	
11:00-12:00 PM	5:45-6:15 PM	12:00-12:45 PM	12:00-1:00 PM	11:00-12:00 PM	12:00-1:00 PM	
AQUA POOL MELVIN W	HARD CORE MAIN STUDIO GEORGE J	STRETCH MAIN STUDIO JENNIE W	VINYASA FLOW MAIN STUDIO MARIE BELLE	AQUA POOL AREA CORINA M	ATHLETIC YOGA MAIN STUDIO CHRISTIE T	
12:00-12:45 PM	6:30-7:15 PM	5:30-6:15 PM	5:15-6:15 PM	11:15-12:00 PM		
PERFORMANCE CYCLE CYCLE STUDIO ALEXX G	RHAPSODY CYCLE STUDIO KELLZ K	APEX HIKE TREADMILL STUDIO ALEXX G	ATHLETIC YOGA MAIN STUDIO KELLY T	ZUMBA MAIN STUDIO ALEXX G		
5:15-6:00 PM	6:30-7:15 PM	5:30-6:15 PM	6:30-7:15AM			
TABATA + MAIN STUDIO CHRISTIE F	MIXXEDFIT MAIN STUDIO LADONNA G	SCULPTED MAIN STUDIO ELISABETH	MIXXEDFIT MAIN STUDIO LADONNA G			
6:15-7:15 PM	6:30-7:15 PM	6:45-7:30 PM	6:15 -7:00 PM	6:00-6:45 PM		
VINYASA YOGA MAIN STUDIO GINNY L	HIIT THE TRACK TREADMILL STUDIO GEORGE J	RHAPSODY CYCLE STUDIO HANNAH M	PERFORMANCE CYCLE CYCLE STUDIO ALEXX G	RHAPSODY CYCLE STUDIO KELLZ K		
6:30-7:15 PM	7:30-8:30 PM	6:30-7:15 PM	6:30-7:15 PM	6:00-6:45 PM		
RHAPSODY CYCLE STUDIO CHRISTIE F	VINYASA YOGA MAIN STUDIO LEAH N	ZUMBA MAIN STUDIO ALEXX G	HIIT THE TRACK TREADMILL STUDIO ATHAR P	CARDIO BOXING MAIN STUDIO MARC D		
7:15-8:00 PM			7:15 TO 7:45 PM	7:00-8:00 PM		
BARRE MAIN STUDIO GINNY L			HARD CORE MAIN STUDIO ALEXX G	YIN YOGA MAIN STUDIO CHRISTIE T		

GROUP FITNESS POLICIES

Please make every effort to arrive at class on time and stay until the cooldown is completed at the end of class.

Dress appropriately in workout clothes and wear closed-toe athletic shoes. We recommend that our members do not wear cycling shoes in the spaces outside the Cycle Studio as these types of shoes may damage the wood studio floors.