

# THE ST·JAMES

## GROUP FITNESS SCHEDULE

SPRINGFIELD  
MAY 1-31



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
<b>INFANTRY CAMP</b> FIELD STUDIO ALEXX G	<b>INFANTRY CAMP</b> FIELD STUDIO ATHAR P	<b>INFANTRY CAMP</b> FIELD STUDIO CHRISTIE F	<b>INFANTRY CAMP</b> FIELD STUDIO MARC D	<b>INFANTRY CAMP</b> FIELD STUDIO ALEXX G	<b>PERFORMANCE CYCLE</b> CYCLE STUDIO HEIDI M	<b>BARRE</b> MAIN STUDIO AMANDA F STARTS MAY 8TH
7:00-7:45 AM	6:30-7:15 AM	6:00-6:45 AM	6:45-7:30AM	7:00-7:45 AM	9:15-10:00 AM	9:00-9:45 AM
<b>PERFORMANCE CYCLE</b> CYCLE STUDIO MARIA N	<b>BEYOND STRENGTH</b> TURF HANNAH M	<b>PERFORMANCE CYCLE</b> CYCLE STUDIO HEIDI M	<b>RHAPSODY</b> CYCLE STUDIO HANNAH D	<b>PERFORMANCE CYCLE</b> CYCLE STUDIO MARIA N	<b>SCULPTED</b> MAIN STUDIO ELISABETH B	<b>PERFORMANCE CYCLE</b> CYCLE STUDIO ATHAR P
7:00-7:45 AM	7:00-7:45 AM	7:00-7:45 AM	7:00-7:45 AM	8:30-9:30	9:00-9:45 AM	10:00-10:45 AM
<b>ATHLETIC GRIT</b> FIELD STUDIO ALEXX G	<b>RHAPSODY</b> CYCLE STUDIO HANNA D	<b>HIIT THE TRACK</b> TREADMILL STUDIO CHRISTIE F	<b>STRONG</b> TURF CHRISTIE F	<b>SCULPTED</b> STUDIO B&C BECKY T	<b>ATHLETIC G</b> TURF ALEXX G	<b>HIIT TRACK</b> TREADMILL STUDIO ATHAR P
9:30-10:30 AM	7:15-8:00 AM	9:30-10:15 AM	7:15-8:00 AM	9:30-10:45 AM	10:15-11:00 AM	10:00-11:00 AM
<b>SCULPTED</b> STUDIO B&C BECKY T	<b>HIIT THE TRACK</b> TREADMILL STUDIO DEREK A	<b>PILATES FUSION</b> STUDIO B&C BECKY T	<b>BEYOND STRENGTH</b> MAIN STUDIO MARC D	<b>PILATES REFORMER</b> REFORMER STUDIO PATRICIA H	<b>RHAPSODY</b> CYCLE STUDIO ALEXX G	<b>YIN YOGA</b> MAIN STUDIO GINNY L
10:15-11:00 AM	7:15-8:00 AM	10:00-11:00 AM	9:00-9:45 AM	10:00-11:00 AM	10:15-11:00 AM	10:30-11:15 AM
<b>APEX HIKE</b> TREADMILL STUDIO ALEXX G	<b>CARDIO BOXING</b> MAIN STUDIO MARC D	<b>VINYASA YOGA</b> MAIN STUDIO ALEX G	<b>BARRE</b> MAIN STUDIO GINNY L	<b>VINYASA YOGA</b> MAIN STUDIO ALEX G	<b>ESSENTRICS</b> MAIN STUDIO CHRISTINA Z	<b>RHAPSODY</b> CYCLE STUDIO SARAH K STARTS MAY 8TH
9:30-10:30 AM	10:30-11:15 AM	10:15-11:00 AM	10:30-11:15 AM	10:15-11:00 AM	11:15-12:00PM	
<b>PILATES REFORMER</b> REFORMER STUDIO JENNIFER H	<b>DYNAMIC STRENGTH</b> STUDIO B&C CORINA M	<b>PERFORM</b> FIELD STUDIO WILL B	<b>CORE &amp; MOBILITY</b> STUDIO B&C CORINA M	<b>APEX HIKE</b> TREADMILL STUDIO ALEXX G	<b>ZUMBA</b> MAIN STUDIO RENE B	
10:00-11:00AM	11:30-12:15 PM	11:00-12:00 PM	10:00-11:00 AM	11:00-12:00 PM	12:00-1:00 PM	
<b>VINYASA YOGA</b> MAIN STUDIO ALEX G	<b>ESSENTRICS</b> STUDIO B&C CHRISTINA	<b>AQUA</b> POOL AREA MELVIN W	<b>VINYASA YOGA</b> MAIN STUDIO GINNY L	<b>AQUA</b> POOL AREA CORINA M	<b>ATHLETIC YOGA</b> MAIN STUDIO CHRISTIE T	
11:00-12:00 PM	12:00-1:00 PM	12:00-12:45 PM	12:00-1:00 PM	11:15-12:00 PM		
<b>AQUA</b> POOL MELVIN W	<b>ATHLETIC YOGA</b> MAIN STUDIO KAT B	<b>STRETCH</b> MAIN STUDIO JENNIE W	<b>VINYASA FLOW</b> MAIN STARTS 5/12 MARIE BELLE	<b>ZUMBA</b> MAIN STUDIO ALEXX G		
12:00-12:45 PM	5:45-6:15 PM	5:30-6:15 PM	5:15-6:15 PM	12:00-12:45 PM		
<b>PILATES FUSION</b> MAIN STUDIO AMY MC	<b>HARD CORE</b> MAIN STUDIO ALEXX G	<b>HIIT THE TRACK</b> TREADMILL STUDIO ALEXX G	<b>ATHLETIC YOGA</b> MAIN STUDIO KELLY T	<b>MAT PILATES</b> MAIN STUDIO JENNIFER H		
5:15-6:00PM	6:30-7:15 PM	5:30-6:15 PM	6:30-7:15 PM	6:00-6:45 PM		
<b>TABATA +</b> MAIN STUDIO CHRISTIE F	<b>RHAPSODY</b> CYCLE STUDIO SARAH K	<b>SCULPTED</b> MAIN STUDIO ELISABETH B	<b>RHAPSODY</b> CYCLE STUDIO MANY M	<b>RHAPSODY</b> CYCLE STUDIO SARAH K		
6:15-7:15 PM	6:30-7:15 PM	6:30-7:15 PM	6:30-7:15PM	6:00-6:45 PM		
<b>VINYASA YOGA</b> MAIN STUDIO GINNY L	<b>MIXXEDFIT</b> MAIN STUDIO LADONNA G	<b>ZUMBA</b> MAIN STUDIO ALEXX G	<b>MIXXEDFIT</b> MAIN STUDIO LADONNA G	<b>CARDIO BOXING</b> MAIN STUDIO MARC D		
6:30-7:15 PM	6:30-7:15 PM	6:45-7:30 PM	6:30-7:15PM	7:00-8:00 PM		
<b>RHAPSODY</b> CYCLE STUDIO CHRISTIE F	<b>HIIT THE TRACK</b> TREADMILL STUDIO ALEXX G	<b>RHAPSODY</b> CYCLE STUDIO HANNAH M	<b>HIIT THE TRACK</b> TREADMILL STUDIO ATHAR P	<b>YIN YOGA</b> MAIN STUDIO CHRISTIE T		
7:15-8:00 PM	7:30-8:30 PM					
<b>BARRE</b> MAIN STUDIO GINNY L	<b>VINYASA YOGA</b> MAIN STUDIO LEAH N					

### 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.