

# THE ST·JAMES

## GROUP FITNESS SCHEDULE

SPRINGFIELD  
AUGUST 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- 8:45 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
6:30-7:15 AM	7:00 -7:45 AM	6:00 -6:45 AM	6:45 -7:30 AM	6:00- 6:45 AM	8:15- 9:00 AM	9: 00 -9:45 AM
<b>RHAPSODY</b> CYCLE STUDIO NICK C STARTS AUG 8TH	<b>RHAPSODY</b> CYCLE STUDIO HANNAH D	<b>PERFORMANCE CYCLE</b> CYCLE STUDIO HEIDI M	<b>RHAPSODY</b> CYCLE STUDIO HANNAH D	<b>PERFORMANCE CYCLE</b> CYCLE STUDIO MARIA N	<b>ATHLETIC GRIT</b> TURF ALEXX G	<b>PERFORMANCE CYCLE</b> CYCLE STUDIO ATHAR P
9:30 -10:30 AM	7:15- 8:00 AM	7:00-7:45 AM	7:15 -8:00 AM	8:30 -9:30 AM	9:15 -10:00 AM	10:00 -10:45 AM
<b>SCULPTED</b> STUDIO B&C BECKY T	<b>CARDIO BOXING</b> MAIN STUDIO MARC D	<b>HIIT THE TRACK</b> TREADMILL STUDIO CHRISTIE F	<b>BEYOND STRENGTH</b> MAIN STUDIO MARC D	<b>SCULPTED</b> STUDIO B&C BECKY T	<b>APEX HIKE</b> TREADMILL STUDIO ALEXX G	<b>HIIT THE TRACK</b> TREADMILL STUDIO ATHAR P
9:45-10:30 AM	9:30 -10:15 AM	9:30-10:15 AM	9:00 - 9:45 AM	9:30 -10:45 AM	9:15 -10:00 AM	10:00 -11:00 AM
<b>APEX HIKE</b> TREADMILL STUDIO ALEXX G	<b>BOXING</b> STUDIO B&C JULIAN M	<b>PILATES FUSION</b> STUDIO B&C BECKY T	<b>SCULPTED</b> MAIN STUDIO GINNY L	<b>PILATES REFORMER</b> REFORMER STUDIO TRICIA H	<b>SCULPTED</b> MAIN STUDIO ELISABETH B	<b>YIN YOGA</b> MAIN STUDIO GINNY L
10:45-11:30	10:30 -11:15 AM	10:00- 11:00 AM	10:00 -11:00 AM	9:45 -10:30 AM	10:15 -11:00 AM	10:30 -11:15 AM
<b>ZUMBA</b> STUDIO B&C CAROL Z	<b>DYNAMIC STRENGTH</b> STUDIO B&C MARC D	<b>VINYASA YOGA</b> MAIN STUDIO ALEX G	<b>VINYASA YOGA</b> MAIN STUDIO GINNY L	<b>APEX HIKE</b> TREADMILL STUDIO ALEXX G	<b>PERFORMANCE CYCLE</b> CYCLE STUDIO ALEXX G	<b>RHAPSODY</b> CYCLE STUDIO KELLZ K
10:00-11:00 AM	5:45 - 6:15 PM	10:15 -11:00 AM	10:30- 11:15 AM	11:00 -12:00 PM	10:30-11:15 AM	11:30 -12:15 PM
<b>VINYASA YOGA</b> MAIN STUDIO ALEX G	<b>HARD CORE</b> MAIN STUDIO ALEXX G	<b>PERFORM</b> FIELD STUDIO WILL B	<b>CORE &amp; MOBILITY</b> STUDIO B&C AMANDA F	<b>AQUA</b> POOL ALEXX G	<b>ZUMBA</b> MAIN STUDIO RENE B	<b>ZUMBA</b> MAIN STUDIO LIEN T
11:15 -12:00 PM	6:30- 7:15 PM	10:45 -11:30 AM	5:15-6:15 PM	5:15-6:15 PM	11:15-12:00 PM	
<b>AQUA</b> POOL MELVIN W	<b>MIXXEDFIT</b> MAIN STUDIO LADONNA G	<b>ZUMBA GOLD</b> STUDIOB&C JULIE W	<b>ATHLETIC YOGA</b> MAIN STUDIO KELLY T	<b>BARRE</b> MAIN STUDIO TRICIA H	<b>BOXING</b> MAIN STUDIO JULIAN M	
5:15 -6:00 PM	6:30- 7:15 PM	11:00-11:45 AM	6:15 -7:00 PM	6:00 -6:45 PM	12:15 -1:15 PM	
<b>TABATA +</b> MAIN STUDIO CHRISTIE F	<b>RHAPSODY</b> CYCLE STUDIO KELLZ K	<b>AQUA</b> POOL MELVIN W	<b>PERFORMANCE CYCLE</b> CYCLE STUDIO ALEXX G	<b>CARDIO BOXING</b> MAIN STUDIO MARC D	<b>ATHLETIC YOGA</b> MAIN STUDIO CHRISTIE T	
6:15 -7:15 PM	6:30-7:15 PM	11:00 -12:00 PM	6:30 - 7:15 PM	6:00 -6:45 PM		
<b>VINYASA YOGA</b> MAIN STUDIO GINNY L	<b>HIIT THE TRACK</b> TREADMILL STUDIO ALEXX G	<b>BARRE</b> MAIN STUDIO TRICIA H	<b>MIXXEDFIT</b> MAIN STUDIO LADONNA G	<b>RHAPSODY</b> CYCLE STUDIO KELLZ K		
6:15- 7:00 PM	7:30 -8:30 PM	12:00-12:45 PM	6:30- 7:15 PM	7:00 -8:00 PM		
<b>RHAPSODY</b> CYCLE STUDIO CHRISTIE F	<b>VINYASA YOGA</b> MAIN STUDIO LEAH N	<b>STRETCH</b> MAIN STUDIO JENNIE W	<b>HIIT THE TRACK</b> TREADMILL STUDIO ATHAR P	<b>YIN YOGA</b> MAIN STUDIO CHRISTIE T		
7:15-8:00 PM		12:00 -1:00 PM	7:15 -7:45 PM			
<b>BARRE</b> MAIN STUDIO GINNY L		<b>PILATES REFORMER</b> REFORMER STUDIO TRICIA H	<b>HARD CORE</b> MAIN STUDIO ALEXX G			
		5:30 -6:00 PM				
		<b>SCULPTED</b> MAIN STUDIO ELISABETH B				
		6:30-7:15 PM				
		<b>ZUMBA</b> MAIN STUDIO BENIAH W				
		6:45 -7:30 PM				
		<b>RHAPSODY</b> CYCLE STUDIO HANNAH M				

### 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.

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