MONDAY

Time	Class	Room	Instructor
5:40 - 6:20AM	Cardio MashUp	B	Sue S.
5:55 - 6:40	Cycling	E	Dean B.
6:20 - 7:00	PUMP/Stretch & Abs	B	Sue S.
8:00 - 8:45	Hi-Low Impact	A	Sue S.
8:00 - 8:45	Barre	C	Lisa F.
8:30 - 9:15	Power Fit	B	Theresa S.
8:45 - 9:30	PUMP/Stretch & Abs	A	Sue S.
9:15 - 10:00	TRX Boot Camp L2	D	Jennifer W.
9:15 - 10:00	Cycling	E	John L.
9:45 - 10:15	Stretch	A	Cindy C.
10:15 - 11:00	Power Sculpt	B	Lisa Jo G.
10:30 - 11:15	Low Impact L1/L2	A	Sue S.
10:30 - 11:30	Slow Flow Yoga	D	Cindy C.
11:15 - 11:45	PUMP L1	A	Sue S.
1:00 - 2:00	ZUMBA	A	Paula K.
4:30 - 5:00	PUMP	A	Sue S.
4:45 - 5:30	Barre	C	Amy B.
5:00 - 5:30	Stretch & Abs	A	Sue S.
5:30 - 6:15	PUMP/Stretch & Abs	A	Sue S.
5:30 - 6:15	TRX Fusion	D	Rebecca W.
5:30 - 6:15	Power Cycling	E	Bridget K.
6:15 - 7:00	Pilates	C	Tracy G.
6:20 - 7:20	Vinyasa Yoga	D	Rebecca W.
6:30 - 7:30	Cycling	E	Josh L.

TUESDAY

Time	Class	Room	Instructor
8:00 - 9:00AM	Yoga	D	Kara P.
8:30 - 9:15	Step Intervals	B	Jennifer W.
8:45 - 9:15	Stretch & Abs	A	Sue S.
9:15 - 10:00	Power Cycling	E	Jennifer W.
9:15 - 10:15	Gentle Yoga	D	Kara P.
10:15 - 11:00	Body Wellness L1	C	Stephanie S.
10:30 - 11:15	Just Dance	B	Jane B.
10:30 - 11:30	Pilates	A	Lisa F.
11:45 - 12:45	Posture Plus	A	Debbie H.
11:45 - 12:45	Vinyasa Yoga	C	Rebecca W.
12:00 - 12:45	Buff Bones®	B	Lisa F.
1:00 - 2:00	Tai Chi	B	Martha T.
1:15 - 2:15	MashUp	A	Sue S.
5:30 - 6:15	HIIT Parade	B	Jen T.
5:30 - 6:30	Cycling	E	Dean B.
6:00 - 7:15	Men Only Yoga	D	Susan R.
6:15 - 7:45	Yoga	C	Matt H.
6:30 - 7:15	Core Circuit	B	Josh L.

WEDNESDAY

Time	Class	Room	Instructor
5:40 - 6:20AM	Step	B	Sue S.
6:00 - 6:45	Cycling	E	Bridget K.
6:20 - 7:00	PUMP/Stretch & Abs	B	Sue S.
8:00 - 8:45	Barre	C	Debbie H.
8:00 - 8:45	Hi-Low Impact	A	Sue S.
8:00 - 8:45	Cycling	E	Dean B.
8:30 - 9:15	Power Fit	B	Theresa S.
8:45 - 9:30	PUMP/Stretch & Abs	A	Sue S.
9:15 - 10:00	TRX Boot Camp L2	D	Jennifer W.
9:15 - 10:00	Cycling	E	Dean B.
9:45 - 10:15	Stretch	A	Cindy C.
10:15 - 11:00	PUMP L2/L3	B	Lisa Jo G.
10:30 - 11:15	Low Impact L1/L2	A	Sue S.
10:30 - 11:30	Intro/Beginner Yoga	C	Susan R.
10:30 - 11:30	Slow Flow Yoga	D	Cindy C.
11:15 - 11:45	PUMP L1	A	Sue S.
1:00 - 2:00	ZUMBA	A	Paula K.
4:30 - 5:00	PUMP	A	Sue S.
4:45 - 5:30	Barre	C	Amy B.
5:00 - 5:30	Stretch & Abs	A	Sue S.
5:30 - 6:15	PUMP/Stretch & Abs	A	Sue S.
5:30 - 6:15	Power Cycling	E	Kyle L.
5:30 - 6:30	Yoga	D	Susan R.
6:30 - 7:30	Yoga	C	Josh L.

THURSDAY

Time	Class	Room	Instructor
8:00 - 9:00	Yoga	D	Kara P.
8:45 - 9:15	Stretch & Abs	A	Sue S.
9:15 - 10:00	Step Intervals	B	Jennifer W.
9:15 - 10:00	Cycling	E	Dean B.
10:15 - 11:00	Body Wellness L1	C	Stephanie S.
10:30 - 11:15	Just Dance	B	Jane B.
10:30 - 11:30	Pilates	A	Lisa F.
11:45 - 12:45	Posture Plus	A	Debbie H.
11:45 - 12:45	Vinyasa Yoga	C	Rebecca W.
1:00 - 2:00	Tai Chi	B	Martha T.
1:15 - 2:15	MashUp	A	Sue S.
5:00 - 6:00	Hip Hop	A	Alison C.
5:30 - 6:15	Power Cycling	E	Bridget K.
5:45 - 7:00	Yoga Flow L2 / L3	C	Amy D.
6:30 - 7:30	Fired Up Sculpt L2	B	Josh L.

CLASS SCHEDULE EFFECTIVE APRIL 1, 2023

VISIT OUR WEBSITE AT BAPTISTMILESTONE.COM FOR ANY CLASS CHANGES.

NEW CLASSES OR CHANGES ARE HIGHLIGHTED ON SCHEDULE. PLEASE SEE CLASSROOM DOORS FOR DAILY CLASS CHANGES OR VISIT BAPTISTMILESTONE.COM.

LEVEL 1= BEGINNER / LEVEL 2= INTERMEDIATE
LEVEL 3= ADVANCED.

ALL CLASSES ARE MULTI LEVEL UNLESS NOTED.

*** Class meets on the 3rd Friday of each month.**

SUE SCHONBERGER, GROUP EXERCISE DIRECTOR: 896-3900 x114

CLASSROOM A
2nd Level~ Take stairway on right (just after you check in at the Service Desk). Room is at top of the stairway - 2nd classroom from the left.

CLASSROOM B
2nd level~ Take stairway on right (just after you check in at the Service Desk). Room is at top of stairway, 1st classroom from the left.

CLASSROOM C
Lower level~ behind Service Desk, just past lobby area, straight ahead.

CLASSROOM D
2nd level~ Take stairway (to right of Café). Room is straight ahead at top of stairs, 2nd classroom from the left.

CYCLING ROOM E
2nd level~ Take stairway (to right of Café). Room is straight ahead at top of stairs, 1st classroom on left side.

PILATES STUDIO
2nd level~ Take stairway (to right of Café). Studio is to the left of the cycling room.

FRIDAY

Time	Class	Room	Instructor
5:40 - 6:20AM	Cardio MashUp	B	Sue S.
6:00 - 6:45	Cycling	E	Kyle L.
6:20 - 7:00	PUMP/Stretch & Abs	B	Sue S.
7:45 - 8:45	Kickboxing	A	Theresa S.
8:00 - 8:45	Barre	C	Debbie H.
8:00 - 8:45	Step	B	Sue S.
9:00 - 9:30	PUMP	A	Theresa S.
9:00 - 9:45	TRX	D	Debbie H.
9:15 - 10:00	Just Line Dance	B	Jane B.
9:15 - 10:00	Cycling	E	Dean B.
9:45 - 10:15	Stretch & Ball	A	Cindy C.
10:15 - 11:00	Core Circuit L2	B	Rebecca W.
10:15 - 11:00	Cycling	E	Dean B.
10:30 - 11:15	Low Impact L1/L2	A	Sue S.
10:30 - 11:30	Slow Flow Yoga	D	Cindy C.
11:15 - 11:45	PUMP L1 / 3rd Fri Relax	A	Sue S.
11:45 - 12:45	Yoga	C	Rebecca W.
4:30 - 5:00	PUMP	A	Sue S.
5:00 - 5:30	Stretch & Abs	A	Sue S.
5:40 - 6:10	Relaxation & Visualization *	D	Sue S.

SATURDAY

Time	Class	Room	Instructor
8:15 - 9:00AM	Power Sculpt	B	Theresa S./Debbie H.
8:15 - 9:00	Power Cycing	E	Jennifer W.
8:35 - 8:55	Arms Only	A	Sue S.
9:00 - 9:45	Hi-Low Impact	A	Sue S.
9:00 - 9:45	TRX Boot Camp L2	D	Jennifer W.
9:15 - 10:15	Pi-Yo	B	Josh L.
9:30 - 10:30	Power Cycling	E	Bridget K.
9:50 - 10:20	Stretch & Abs	A	Sue S.
10:00 - 11:00	Pilates	D	Lisa F.
10:30 - 11:30	Fired Up Sculpt L2	B	Josh L.
10:30 - 11:30	Yoga	C	Amy D.
11:00 - 12:00	Pilates	D	Lisa F.

SUNDAY

Time	Class	Room	Instructor
9:00 - 9:45AM	Power Sculpt	B	Tommy T.
9:15 - 10:00	Cycling	E	John L./Jen T.
10:00 - 10:45	TRX Boot Camp L2	D	Lawana B./Jen T.
11:00 - 12:00	Pop Pilates	A	Lisa F.

Baptist Health/Milestone wellness center