

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Tabata (G) *Pre-registration required 8:00AM Sabrina	Early Risers (G) *Pre-registration and payment required 5:15 AM Sabrina	Cardio Fusion (F2) 5:30 AM High	Early Risers (G) *Pre-registration and payment required 5:15 AM Sabrina	HIT (F1) 5:15 AM Diane	Early Risers (G) *Pre-registration and payment required 5:15 AM Sabrina	Full Body Conditioning (F1) 8:00 AM Tracy
Gears & Gains (F1) 8:30 AM Susan	Interactive Yoga (F1) 8:30 AM Tracy	Group Bikini (F2) 6:30 AM Susan	Cardio Splash (F1) 8:30 AM Sabrina	Flow Yoga (F1) 6:30 AM Amrit	Vinyasa Yoga (F1) 6:30 AM Amrit	Group Bikini (F2) 8:30 AM Karen
Zumba (F1) 9:00 AM Amrita	Cardio Splash (F1) 8:30 AM Marta	Deep Water (F1) 7:00 AM Susan	High Fitness (G) 9:00 AM Emily	Group Bikini (F2) 6:30 AM Marta	Express Circuit (F1) 8:15 AM Kelly	20/20/20 (F1) 9:00 AM Rebecca
Cardio Splash (F1) 9:00 AM Sabrina	High Fitness (G) 9:00 AM Sabrina	Total Body (G) 9:00 AM Sabrina	Vinyasa Yoga (F1) 9:00 AM Kelly	Deep Water (F1) 7:00 AM Susan	Cardio Splash (F1) 8:15 AM Marta	Zumba - 55 mins (F1) 9:00 AM Rebecca
Fab Abs (F1) 9:15 AM Rebecca	Barre (F1) 9:00 AM Sabrina	Kick & Tone (F1) 9:15 AM Connie	Water Power Fitness (F1) 9:30 AM Sub	PLYO (F1) 9:00 AM Karan	Balletcore (F1) 9:00 AM Rebecca	Hyregar Inspired Yoga (F1) 11:00 AM Norren
Vinyasa Yoga (F1) 10:15 AM Kathleen	Group Bikini (F2) 9:15 AM Kelly	Age Right (G) 10:15 AM Gail W	Group Bikini (F2) 10:15 AM Kelly	Mat (F1) 9:15 AM Pat	Group Bikini (F2) 9:15 AM Kelly	
	Water Power Fitness (F1) 9:30 AM Sub	Deep Water (F1) 9:30 AM Susan	Age Right (G) 10:15 AM Connie	Body Blast (G) 9:00 AM Marta	Water Power Fitness (F1) 9:30 AM Sub	
	Fab Abs (G) 10:05 AM Marta	Matia Yoga (F1) 10:15 AM Gail W	Plates (F1) 10:15 AM Gail	Deep Water (F1) 9:30 AM Susan	Barre (F1) 10:15 AM Connie	
	Aqua Stretch (F1) 10:45 AM Susan	Healthy Icons (F1) 10:45 AM Mary	Aqua Stretch (F1) 10:45 AM Fran /Karan	Barre (F1) 10:15 AM Gail W	Aqua Stretch (F1) 10:45 AM Susan	
	Gentle Chair Yoga (F1) 11:30 AM Norren	Hot Vinyasa Yoga (F1) 4:45 PM Kathleen	Gentle Chair Yoga (F1) 11:30 AM Norren	Age Right (G) 10:15 AM Connie	Gentle Chair Yoga (F1) 11:30 AM Norren	
	Gentle Chair Yoga (F1) 12:45 PM Abby	Zumba (G) 5:00 PM Norren	Gentle Chair Yoga (F1) 12:45 PM Norren	Healthy Icons (F1) 10:45 AM Mary	Zumba Gold (G) 11:45 AM Connie	
	20/20 (F1) 5:30 PM Rebecca	Body Works (F1) 5:20 PM Connie	Step & Tone (F1) 5:15 PM Susan T	Low Impact Aerobics (F1) 11:15 AM Gail W	Full Body Conditioning (F1) 4:30 PM Karan	
	Group Bikini (F2) 5:30 PM Kathleen	Foundations Bikini (F2) 5:30 PM Susan	Group Bikini (F2) 5:45 PM Kathleen	Flow Yoga (F1) 5:15 PM Alka		
		Knap Hiker (F1) 6:00 PM Sub	Balanced Yoga (F1) 6:10 PM Alka	Total Body Burnout (F1) 5:15 PM Gail		
		Bootcamp *Pre-registration and payment required 6:00 PM CPT		Hydro HIT (F1) 6:00 PM Ellen		
	Power Yoga (F1) 6:45 PM Kelly	Hot Vinyasa Yoga (F1) 6:30 PM Amrit	Zumba (G) 7:05 PM Betsy	Bootcamp *Pre-registration and payment required 6:00 PM CPT		
	Hydro HIT (F1) 6:00 PM Ellen	Metabolic Conditioning (G) 6:20 PM Karan	Tabata (G) *Pre-registration required 6:00 PM Tracy	High Fitness (F1) 6:35 PM Emily		
Online Group Exercise Class Schedule www.ecccotticenter.org/Group-Exercise-Tab	ECcottic Center Hours Mon - Fri: 5:00 AM - 10:00 PM Sat & Sun: 7:00 AM - 7:00 PM	Aquatic Center Hours Mon - Fri: 5:15 AM - 8:00 PM Sat & Sun: 7:15 AM - 8:00 PM (Adults Only: Mon - Fri: 8:00 PM - 9:00 PM)				Class Location Codes: F1 = Group Exercise Studio - 1st Floor (Max 42) F2 = Spin Studio - 1st Floor (Max 23) F3 = Secondary Exercise Studio - 2nd Floor (Max 20) G = Gymnasium (Max 50) Schedule subject to change. Please check online calendar or call 518-867-8920
Sabrina Albritton Group Exercise Coordinator s.albritton@ecccotticenter.org						