












BRIGGS WELLNESS CENTER

GROUP FITNESS SCHEDULE Summer 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Pilates 8-8:55 a.m. Liz-Rm 1	Functional Mvmt 7:30-8:15 a.m. Jamie -Rm 4	Pilates 8-8:55 a.m. Liz- Rm 1	POWER  5:30-6:25 a.m. Karen- Rm 4	Barre 8-8:55 a.m. Liz- Rm 1	BLAST  8:00-8:55 a.m. Karen- Rm 4	L1FT 8:45-9:40 a.m. Alison-Rm 4
Balance 9-9:30 a.m. Liz- Rm 1	Multilevel Interval 8:30-9:25 a.m. Jamie- Rm 4	Balance 9-9:30 a.m. Liz-Rm 1	Functional Mvmt 7:30-8:15 a.m. Jamie -Rm 4	Bootcamp 9-9:45 a.m. Robyn- Rm 4	Multilevel Yoga 8:30-9:25 a.m. Elizabeth- Rm 1	Multilevel Yoga 10:00-10:50 a.m. Nancy- Rm 1
PACE 9:45-10:40 a.m. Liz- Rm 1	Pilates 9:00-9:55 a.m. Liz- Rm 1	Full Body Blast 9:00-9:45 a.m. Robyn- Rm 4	Multilevel Interval 8:30-9:25 a.m. Jamie- Rm 4	Pilates 9-9:55 a.m. Liz-Rm 1	POWER  9-9:55 a.m. Yury- Rm 4	Gentle Yoga 11:00-11:55 a.m. Nancy- Rm 1
Low & Light 10:45-11:40am Liz- Rm 4	TRX Extreme 9:30-10:25 a.m. Robyn - TRX	PACE 9:45-10:40 a.m. Liz-Rm 1	Pilates 9:00-9:55 a.m. Liz- Rm 1	TRX Beginner 10-10:45 a.m. Robyn- TRX	Multilevel Yoga 9:45-10:40 a.m. Elizabeth- Rm 1	
Multilevel Yoga 11-11:55 a.m. Valerie- Rm 1	Stretch 10-10:25 a.m. Liz- Rm 1	TRX Extreme 10:15-11:10 a.m. Pam- TRX	POWER -Rm4 9:35-10:30 a.m. Mike 	TRX Beginner 10-10:45 a.m. Robyn- TRX	Cardio Kickboxing 10:20-11:15 a.m. Ro- Rm 4	
TRX Powerhour 1230-125p.m. Robyn- TRX	Gentle Yoga 10:35-11:30 a.m. Elizabeth-Rm 1	TRX Extreme 10:15-11:10 a.m. Pam- TRX	Stretch 10-10:25 a.m. Liz- Rm 1	Multilevel Yoga 11-11:55 a.m. Valerie- Rm 1	Total Body Training 11:30-12:25 p.m. Ro-Rm 4	
Gentle Yoga 1:15-2:10 p.m. Elizabeth-Rm 1	TAI CHI 11-11:45 a.m. Liz-Rm 4	Multilevel Yoga 11-11:55 a.m. Valerie- Rm 1	Zumba 10:30-11:25 a.m. Debbie C.- Rm 1	Bootcamp 11:30am-12:15p.m. Karen C- Rm 4		
Multilevel Yoga 6-6:55 p.m. Valerie- Rm 1	Chair Yoga 11:45-12:40 p.m. Elizabeth- Rm 1	Bootcamp 11:30am-12:15p.m. Karen C- Rm 4	TAI CHI 11-11:45 a.m. Liz- Rm 4	Gentle Yoga 12:15-1:10 p.m. Elizabeth- Rm 1		
	BODY PUMP -Rm4 12:30-1:25 p.m. Laurel 	Gentle Yoga 12:15-1:10 p.m. Elizabeth- Rm 1	Zumba 10:30-11:25 a.m. Debbie C.- Rm 1	Yin Yoga 1:30-2:25 p.m. Elizabeth- Rm 1		
	BODYBALANCE 1:30-2:25 p.m. -Rm4 Laurel 	Chair Yoga 11:45-12:40 p.m. Elizabeth- Rm 1	TAI CHI 11-11:45 a.m. Liz- Rm 4	Chair Yoga 11:45-12:40 p.m. Elizabeth- Rm 1		
	Mat Pilates 4:30-5:20 p.m. Yury-Rm 1	Yin Yoga 1:30-2:25 p.m. Elizabeth- Rm 1	BODY PUMP -Rm4 12:30-1:25 p.m. Laurel 	Chair Yoga 11:45-12:40 p.m. Elizabeth- Rm 1		
	L1FT 5:45-6:40 p.m. Alison-Rm 4		BODYBALANCE - Rm 4 			
			BODYBALANCE - Rm 4 			
			CORE  5:00-5:25 p.m. Karen-Rm 4			
			ACTIVE  5:30-6:25 p.m. Karen- Rm 4			



****Classes subject to changes and cancellations.**
Check Live link for updates**

For additional information, please call
(239) 624-2750
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**Please bring your own mat
for classes**

 :MOSSA Licensed

 :Les Mills Licensed

- RED:** CARDI
- BLUE:** STRENGTH
- GREEN:** MIND/BODY
- YELLOW:** CYCLE
- PURPLE:** TRX