

| Monday 17                                                                                                                                         | Tuesday 18                                                             | Wednesday 19                                                                                                                                  | Thursday 20                                                 | Friday 21                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | Saturday 22                                                                                                                                                                       |
|---------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|                                                                                                                                                   | 5:30 -6 AM<br>Muscle Conditioning<br>Shari<br>Main Studio              |                                                                                                                                               | 5:30 -6 AM<br>Muscle Conditioning<br>Shari<br>Main Studio   |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | April 2017<br>Group Exercise                                                                                                                                                      |
| 6-7 AM<br>Boot Camp<br>Jennifer<br>Main Studio                                                                                                    | 6-6:45AM<br>Morning Ride<br>Shari<br>Cycling Studio                    | 6-7 AM<br>TABATA Bootcamp™<br>Cindy<br>Main Studio                                                                                            | 6-6:45AM<br>Morning Ride<br>Shari<br>Cycling Studio         | 6-7 AM<br>Boot Camp<br>Kelly S.<br>Main Studio                                                                                                                                                                                                                                                                                                                                                                                                                                          | 8:15-9:10 AM<br>Step Interval<br>Christine<br>Main Studio                                                                                                                         |
| 6-7 AM<br>Yoga<br>Mary<br>Mind Body Studio                                                                                                        |                                                                        |                                                                                                                                               |                                                             |  6-7 AM<br>Vinyasa Flow<br>Christi<br>Mind Body Studio                                                                                                                                                                                                                                                                                                                                               | 9-10 AM<br>Restorative CORE<br>Jill<br>Mind Body Studio                                                                                                                           |
| 8:45-9:45 AM<br>Cardio Interval Training<br>Erin<br>Main Studio                                                                                   | 8:45-9:45 AM<br>Barbell Body Blast<br>Kelly S.<br>Main Studio          | 8:15-9:15 AM<br>Restorative Yoga<br>Maribel<br>Mind Body Studio                                                                               | 8:45-9:45 AM<br>Barbell Body Blast<br>Taylor<br>Main Studio | 9-10 AM<br>Forever Fit<br>Lisa<br>Main Studio                                                                                                                                                                                                                                                                                                                                                                                                                                           | 9- 10 AM<br>Cycling<br>Antonio<br>Cycling Studio                                                                                                                                  |
| 9-10 AM<br>Forever Fit<br>Sheri<br>Indoor Track                                                                                                   | 9:15-10:30 AM<br>Yoga<br>Juli<br>Mind Body Studio                      | 8:45-9:45 AM<br>Cardio Interval Training<br>Erin<br>Main Studio                                                                               | 9:15-10:30 AM<br>Yoga<br>Juli<br>Mind Body Studio           | 9:15- 10:15 AM<br>Interval Cycling<br>Erin<br>Cycling Studio                                                                                                                                                                                                                                                                                                                                                                                                                            | 9:15-10:15AM<br>Zumba™<br>Leila<br>Main Studio                                                                                                                                    |
| 9:45-10:45 AM<br>Boot Camp<br>Erin<br>Main Studio                                                                                                 | 9:45AM-10:45AM<br>Interval Cycling<br>Angie<br>Cycling Studio          | 9-10 AM<br>Forever Fit<br>Kelly H.<br>Indoor Track                                                                                            | 10-10:50 AM<br>Zumba™<br>Deborah<br>Main Studio             | 9:15-10:15 AM<br>Pilates<br>Denee<br>Mind Body Studio                                                                                                                                                                                                                                                                                                                                                                                                                                   | 10:15-11:30 AM<br>Yoga<br>Christi/Kelli<br>Mind Body Studio                                                                                                                       |
| 9:45- 10:45 AM<br>Cycling<br>Ana<br>Cycling Studio                                                                                                | 10-10:50 AM<br>Zumba™<br>Deborah<br>Main Studio                        | 9:45-10:45 AM<br>Boot Camp<br>Erin<br>Main Studio                                                                                             | 11 AM- 12 PM<br>OPEN BARRE<br>Cara<br>Main Studio           |  11 AM-12PM<br>Yoga POWER HOUR<br>Christi<br>Mind Body Studio                                                                                                                                                                                                                                                                                                                                      | 10:15 AM-11:15 AM<br>OPEN BARRE<br>Cara<br>MAIN STUDIO                                                                                                                            |
| 9:15-10:15 AM<br>Pilates<br>Deana<br>Mind Body Studio                                                                                             | 11 AM- 12 PM<br>OPEN BARRE<br>Christy<br>Main Studio                   | 9:45- 10:45 AM<br>Cycling<br>Maureen<br>Cycling Studio                                                                                        | 11 AM-12:15 PM<br>Yin Yoga<br>Maribel<br>Mind Body Studio   | 11 AM- 12 PM<br>OPEN BARRE<br>Christy<br>Main Studio                                                                                                                                                                                                                                                                                                                                                                                                                                    | 12 PM-1 PM<br>Restorative Yoga!<br>Ana<br>Mind Body Studio                                                                                                                        |
|  11 AM-12:15 PM<br>Vinyasa Flow<br>Christi<br>Mind Body Studio | 11 AM-12:15 PM<br>Restorative Flow Yoga<br>Maribel<br>Mind Body Studio |  9:45-11 AM<br>Vinyasa Flow<br>Christi<br>Mind Body Studio | 12:15-1 PM<br>Cycling<br>Christine<br>Cycling Studio        | 12:15-1 :15PM<br>Zumba™<br>Katie<br>Main Studio                                                                                                                                                                                                                                                                                                                                                                                                                                         | Sunday 23<br>2 PM-3 PM<br>Restorative Yoga!<br>Ana<br>Mind Body Studio<br>3-4pm<br>H.I.I.T.<br>Taylor<br>Main Studio<br>4 PM-5:15 PM<br>HOT YOGA<br>Christine<br>Mind Body Studio |
| 11 AM- 12 PM<br>Bender BARRE Pilates<br>Cara<br>Main Studio                                                                                       | 12:15-1 PM<br>Cycling<br>Kelly H.<br>Cycling Studio                    | 11 AM- 12 PM<br>Bender BARRE Pilates<br>Cara<br>Main Studio                                                                                   | 5:15-6PM<br>BARRE Blast<br>Julie<br>Main Studio             | <div>2 NEW Yoga Classes<br/>EVERY Sunday!</div> <div>Class<br/>Location Key</div> <div>Main Studio</div> <div>Indoor Track</div> <div>Mind Body Studio</div> <div>Cycle Studio</div> <div> Symbol indicates a WARM Yoga class<br/>approx. temp of class is set for 84 degrees</div> <div>Deborah Puskarich<br/>Group Exercise Director<br/>214-383-1019<br/>dpuskarich@coopercraiggranch.com</div> |                                                                                                                                                                                   |
| 12:15-1 PM<br>Zumba™<br>Deborah<br>Main Studio                                                                                                    | 5:15-6PM<br>BARRE Blast<br>Cara<br>Main Studio                         | 11:15 AM-12 PM<br>Restorative Yoga<br>Mary<br>Mind Body Studio                                                                                | 6-7 PM<br>TABATA Bootcamp™<br>Kennie<br>Main Studio         |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |                                                                                                                                                                                   |
| 5-5:45 PM<br>Zumba™<br>Katie<br>Main Studio                                                                                                       | 6-7 PM<br>Pilates<br>Theresa<br>Main Studio                            | 12:15-1 PM<br>Zumba™<br>Deborah<br>Main Studio                                                                                                | 6-7 PM<br>Cycling<br>Antonio<br>Cycling Studio              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |                                                                                                                                                                                   |
| 6-7 PM<br>Step Interval<br>Sandra<br>Main Studio                                                                                                  | 6-7 PM<br>Cycling<br>Christine<br>Cycling Studio                       | 12:15-1 PM<br>Cycling<br>Kelly H.<br>Cycling Studio                                                                                           | 6-7 PM<br>Restorative Yoga<br>Maribel<br>Mind Body Studio   |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |                                                                                                                                                                                   |
| 6-7 PM<br>Cycling<br>Danny<br>Cycling Studio                                                                                                      | 6-7:15 PM<br>Yoga<br>Christan<br>Mind Body Studio                      | 5:15-6PM<br>BARRE Blast<br>Christy<br>Main Studio                                                                                             | 7-7:45 PM<br>STRONG by Zumba™<br>Leila<br>Main Studio       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |                                                                                                                                                                                   |
|  6-7:15 PM<br>Vinyasa Flow<br>Christi<br>Mind Body Studio      | 7-7:45 PM<br>Zumba<br>Theresa<br>Main Studio                           | 5:15-6PM<br>Interval Cycling<br>Antonio & Erin<br>Cycling Studio                                                                              |                                                             |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |                                                                                                                                                                                   |
| <div>2 NEW Yoga Classes<br/>EVERY Sunday!<br/>Restorative Yoga - 2 PM<br/>&amp;<br/>HOT YOGA - 4 PM</div>                                         |                                                                        | 6-7 PM<br>H.I.I.T.<br>Christine<br>Main Studio                                                                                                |                                                             |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |                                                                                                                                                                                   |
|                                                                                                                                                   |                                                                        |  7-8:15 PM<br>Yoga<br>Mary<br>Mind Body Studio             |                                                             |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |                                                                                                                                                                                   |