

IXL Saugerties Fall Group Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:30 AM Kick n' Sculpt (75 min)	8:30 AM Low Impact	8:15 AM Zumba	8:30 AM Pilates	8:00 AM Yoga (75 min)	8:00 AM XCEL Cycle	8:30 AM XCEL Cycle
3:30 PM IXL Team Fit Academy	9:30 AM XCEL Cycle	9:30 AM XCEL Intervals	9:30 AM XCEL Cycle	9:30 AM XCEL Cycle	9:00 AM Choice	9:30 AM XCEL Lift
5:30 PM XCEL Cycle	9:30 AM Dance Fusion	3:30 PM IXL Team Fit Academy	10:30 AM Belly Dance\$\$\$	9:30 AM Pyramid Lift (75 min)	10:15 AM Yoga (90 min)	
5:30 PM Zumba	4:15 PM Zumba	4:30 PM Pilates	4:00 PM Yoga	10:45 AM Excelling Over 50		
6:30 PM XCEL Sculpt	5:00 PM Yoga (75 min)	5:30 PM Barefoot Bunz	5:30 PM XCEL Sculpt	3:30 PM IXL Team Fit Academy		
	6:15 PM XCEL Cycle	6:30 PM XCEL Cycle	5:30 PM XCEL Cycle	4:30 PM Zumba		
	6:30 PM Step It UP	6:30 PM Pyramid Lift	6:30 PM Kick & Abs	5:30 PM Belly Dance\$\$\$		
				6:30 PM Restorative Yoga (90 min)		

Fall Schedule starts September 22nd. Schedule subject to change. Please call club to confirm schedule of specific classes. Cycle classes require sign-up 24 hours prior. \$\$\$See front desk for Specialty Class information.