

IXL Saugerties Group Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:30 AM XCEL Cycle (50 min)	8:30 AM Low Impact & Fitness Dance Abs	8:30 AM	8:30 AM Pilates	8:30 AM Zumba	8:00 AM XCEL Cycle	8:30 AM XCEL Cycle
9:30 AM Kick n' Sculpt	9:30 AM XCEL Cycle	9:30 AM XCEL Intervals	9:30 AM XCEL Cycle	9:30 AM XCEL Cycle	8:00 AM Step 'n Sculpt	9:30 AM XCEL Lift
3:30 PM IXL Team Fit Academy	10:30 AM Restorative Yoga	3:30 PM IXL Team Fit Academy	11:30 AM Silver Sneakers (50 min)	9:30 AM Cardio Sculpt	9:00 AM Cardio Choice	10:45 AM Yoga
3:30 PM Silver Sneakers (50 min)	5:00 PM Yoga (75 min)	5:30 PM Barefoot Bunz	4:00 PM Yoga	3:30 PM IXL Team Fit Academy	10:15 AM Yoga (75 min)	
5:30 PM XCEL Cycle	6:15 PM XCEL Cycle	6:30 PM XCEL Cycle	5:30 PM Total Body Sculpt	4:30 PM Zumba		
5:30 PM Zumba	6:30 PM Step 'n Sculpt		6:30 PM XCEL Cycle	6:30 PM Restorative Yoga (90 min)		
6:30 PM XCEL Sculpt (45 min)						
7:15 PM Yoga						

Schedule subject to change. Please call club to confirm schedule of specific classes. All cycle classes require sign-up beginning at 7AM the day prior. Unless noted all cycle classes are 55 minutes. Unless noted all yoga classes are 75 minutes.