

IXL Saugerties Group Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:30 AM XCEL Cycle (50 min)	8:30 AM Low Impact & Abs	8:30 AM Fitness Dance	8:30 AM Pilates	8:30 AM RIPPED \$\$	8:00 AM XCEL Cycle	8:00 AM Windjammers \$\$
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	8:30 AM XCEL Cycle
3:30 PM Silver Sneakers (50 min)	10:30 AM Restorative Yoga	5:00 PM Circle of Friends \$\$	9:30 AM Zumba	9:30 AM Cardio Sculpt (sign up required)	9:00 AM Cardio Choice	9:30 AM XCEL Lift (sign up required)
5:00 PM Circle of Friends \$\$	4:00 PM Zumbatomic \$\$	5:30 PM Barefoot Bunz	11:00 AM Silver Sneakers (50 min)	4:30 PM Zumba	10:15 AM Yoga (75 min)	10:45 AM Yoga
5:30 PM XCEL Cycle	5:30 PM XCEL Cycle	6:30 PM XCEL Cycle	4:00 PM Yoga	5:00 PM XCEL Cycle	11:30 AM Tai Chi \$\$	
5:30 PM Zumba II \$\$	5:45 PM Zumba	7:00 PM Windjammers \$\$	5:30 PM Kick 'n Sculpt	5:00 PM Circle of Friends \$\$		
6:30 PM XCEL Sculpt (45 min)	6:30 PM Vinyasa Yoga		6:30 PM XCEL Cycle	6:30 PM Restorative Yoga (90 min)		
7:15 PM Yoga			6:30 PM Zumba			

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. \$\$ Paid program: See front desk for details.