

# WHITEHALL GROUP CLASSES

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10:00 AM BALLROOM  <b>HIIT</b>  <i>LED BY CAMILA CAICEDO</i>	10:00 AM BALLROOM  <b>Silver Strength</b>  <i>LED BY DAVID ARAKELIAN</i>	11:00 AM BALLROOM  <b>Silver Cardio</b>  <i>LED BY YLCA RAMIREZ</i>	8:30 AM BALLROOM  <b>Core Strength + Stretch</b>  <i>LED BY REBECCA PEBBLES</i>	9:00 AM POOL  <b>Aqua Fit</b>  <i>LED BY SAMUEL SUAREZ</i>		9:00 AM BALLROOM  <b>Pilates Mat</b>  <i>LED BY REBECCA PEBBLES</i>
	5:30 PM BALLROOM  <b>Bodyweight Training</b>  <i>LED BY REBECCA PEBBLES</i>	5:30 PM BALLROOM  <b>Sculpt</b>  <i>LED BY CAMILA CAICEDO</i>	11:30 AM BALLROOM  <b>Core Strength + Stretch</b>  <i>LED BY DAVID ARAKELIAN</i>	10:00 AM BALLROOM  <b>Silver Strength</b>  <i>LED BY YLCA RAMIREZ</i>		10:00 AM POOL  <b>Aqua Fit</b>  <i>LED BY LUIS CABALLERO</i>
	6:45 PM BALLROOM  <b>Studio Cycling</b>  <i>LED BY CATE IOVANI</i>	6:30 PM POOL  <b>Aqua Fit</b>  <i>LED BY CAMILA CAICEDO</i>	6:00 PM BALLROOM  <b>HIIT</b>  <i>LED BY CAMILA CAICEDO</i>	11:00 AM BALLROOM  <b>Dance Cardio</b>  <i>LED BY YLCA RAMIREZ</i>		
				5:30 PM BALLROOM  <b>Pilates Mat</b>  <i>LED BY REBECCA PEBBLES</i>		
				6:45 PM BALLROOM  <b>Studio Cycling</b>  <i>LED BY CATE IOVANI</i>		
<p>The Free Lane is off-limits to all members during the swim lesson times and AquaFit classes (see schedule)</p> <p><b>Aquabilities w/ Jennifer - Swim Lessons</b> are held in the Free Lane on:</p> <p><b>Sundays: 8:30 AM – 1:00 PM</b></p> <p><b>Mondays/Wednesdays: 3:30 PM – 7:30 PM</b></p>						

**All Group Fitness Classes are 45 minutes**