



GROUP EXERCISE SCHEDULE

Fall September 14–October 31

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning Classes					
5:15–5:45 am Cycling w/ Tamara	5:15–5:45 am BodyPump™ express w/ Kristen	5:15–5:45 am Cycling w/ Tamara	5:15–5:45 am BodyPump™ express w/ Kristen	5:15–5:45 am Cycling w/ Tamara	
6:00–7:00 am Toning w/ Tamara		6:00–7:00 am Cardio Toning w/ Tamara		6:00–7:00 am Toning w/ Tamara	
8:30–9:30 am AquaZumba w/ Laurie	8:30–9:30 am Water Walking w/ Mo	8:30–9:30 am AquaZumba w/ Laurie	8:30–9:30 am Water Walking w/ Mo	8:30–9:30 am AquaZumba w/ Laurie	
9:00–9:45 am BodyPump™ w/ Kristen	9:00–9:45 am BodyCombat™ w/ Kristen	9:00–9:45 am BodyFlow™ w/ Kristen	9:00–9:45 am BodyCombat™ w/ Kristen	9:00–9:45 am BodyPump™ w/ Kristen	
10:30–11:15 am SilverSneakers® Classic w/ Kristen	10:30–11:15 am SilverSneakers® Classic w/ Kristen	10:30–11:15 am SilverSneakers® Classic or Zumba Gold w/ Laurie	10:30–11:15 am SilverSneakers® Classic w/ Kristen	10:30–11:15 am SilverSneakers® Classic w/ Kristen	
Afternoon & Evening Classes					
4:30–5:15 pm Yoga w/ Mary Lee		4:30–5:15 pm Yoga w/ Mary Lee			*Schedule is subject to change based on class demand.
	5:30–6:00 pm Cycling w/ Tamara				
6:30–7:30 pm Zumba® w/ Laurie	6:00–7:00 pm Core & More w/ Tamara	6:30–7:30 pm Zumba® w/ Laurie			ALL Fitness classes listed are FREE for members!