



# GROUP EXERCISE SCHEDULE

September 3 - October 27

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Morning Classes</b>					
5:15-5:45 am Rise @ Grind w/ Tamara	5:15-5:45 am BodyPump™ express w/ Kristen	5:15-5:45 am Upper Cut & Core w/ Tamara	5:15-5:45 am BodyPump™ express w/ Kristen	5:15-5:45 am Shred w/ Tamara	
6:00-7:00 am Toning w/ Tamara		6:00-7:00 am Toning/Cardio w/ Tamara		6:00-7:00 am Core and More w/ Tamara	
	8:00-9:00 am Aqua Jogging w/ Mo			7:00-8:00 am Yin Yang Yoga w/ Hannah	
8:30-9:30 am AquaZumba w/ Laurie	8:30-9:30 am Tai Chi w/ Marissa	8:30-9:30 am AquaZumba w/ Laurie	8:00-9:00 am Aqua Jogging w/ Mo	8:30-9:30 am AquaZumba w/ Laurie	8:30-9:30 am BodyPump™/ Strength Class
9:15-10:15 am BodyPump™ w/ Jenn H	9:15-10:15 am BodyCombat™ w/ Kristen	9:15- 10:15 am BodyFlow™ w/ Kristen	9:15-10:15 am BodyCombat™ w/ Kristen	9:15-10:15 am BodyPump™ w/ Kristen	9:30-10:30 am BodyFlow™/ Yoga & Stretch
10:30-11:15 am SilverSneakers® Classic w/ Jenn H	10:30-11:15 am SilverSneakers® Classic w/ Jenn H	10:30-11:15 am SilverSneakers® Classic w/Marissa	10:30 -11:15 am SilverSneakers® Cardio w/ Jenn H	10:30-11:15 am SilverSneakers® Classic w/ Marissa	
<b>Afternoon &amp; Evening Classes</b>					
			12:00-1:00 pm Deep Water Aqua w/ Jenn H		
	4:30-5:30 pm Vinyasa Yoga w/ Mary Lee	4:30-5:30 pm Vinyasa Yoga w/ Mary Lee		4:30-5:30 pm Vinyasa Yoga w/ Mary Lee	
5:30-6:30 pm BodyPump™ w/ Kristen	5:45-6:15 pm Interval Shred xpress w/ Tamara	5:30-6:15 pm Strong® w/ Laurie	5:30-6:15 pm Barre & Stretching w/ Marissa		CHILDWATCH available during highlighted classes!
6:30-7:30 pm Zumba® w/ Laurie	6:30-7:30 pm Toning/Cardio w/ Tamara	6:30-7:30 pm Zumba® w/ Laurie	6:30-7:30 pm Circuit Training w/ Marissa		ALL Fitness classes listed are FREE for members!