



# GROUP EXERCISE SCHEDULE

Winter: December 28 – February 28

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Morning Classes</b>					
5:15-5:45am Cycling w/Mary Lee	5:15-5:45am BodyPump™ Express w/Kristen	5:15-5:45am Cycling w/Mary Lee	5:15-5:45am BodyPump™ Express w/Kristen	5:15-5:45am Cycling w/Mary Lee	
6:00-7:00am Toning w/Mary Lee		6:00-7:00am Cardio Toning w/Mary Lee		6:00-7:00am Toning w/Mary Lee	
8:30-9:30am AquaZumba w/Laurie	8:30-9:30am Water Walking w/Mo	8:30-9:30am AquaZumba w/Laurie	8:30-9:30am Water Walking w/Mo	8:30-9:30am AquaZumba w/Laurie	
9:00-9:45am BodyPump™ w/Kristen	9:00-9:30am Cycling w/Kristen	9:00-9:45am BodyFlow™ w/Kristen		9:00-9:45am BodyPump™ w/Kristen	
10:30-11:15am SilverSneakers® Classic w/Kristen	10:30-11:15am SilverSneakers® Classic w/Kristen	10:30-11:15am SilverSneakers® Classic w/Laurie	10:30-11:15am SilverSneakers® Classic w/Kristen	10:30-11:15am SilverSneakers® Classic w/Kristen	
<b>Afternoon &amp; Evening Classes</b>					
4:30-5:15pm Yoga w/Mary Lee		4:30-5:15pm Yoga w/Mary Lee			*Schedule is subject to change based on class demand
		5:30-6:15 Full Body Strength w/Mary Lee	5:30-6:30pm BodyPump™ / BodyCombat™ Combo w/Kristen		
6:30-7:30pm Zumba® w/Laurie		6:30-7:30pm Zumba® w/Laurie			ALL fitness classes listed are FREE for members!