



GROUP EXERCISE SCHEDULE

Summer: June 1-August 27

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning Classes					
	5:15-5:45am BodyPump™ Express w/Kristen	5:15-5:45 am Cycling w/ Kristen	5:15-5:45am BodyPump™ Express w/Kristen		
8:30-9:30am AquaZumba w/Laurie		8:30-9:30am AquaZumba w/Laurie		8:30-9:30am AquaZumba w/Laurie	
9:00-9:45am BodyPump™ w/Kristen		9:00-9:45am BodyFlow™ w/Kristen	9:00-9:45am Stretch w/Kristen	9:00-9:45am BodyPump™ w/Kristen	
10:30-11:15am SilverSneakers® Classic w/Kristen	10:30-11:15am SilverSneakers® Classic w/Amanda	10:30-11:15am SilverSneakers® Classic w/Amanda	10:30-11:15am SilverSneakers® Classic w/Kristen	10:30-11:15am SilverSneakers® Classic w/Kristen	
Afternoon & Evening Classes					
			5:30-6:30pm BodyPump™/ BodyCombat™ Combo w/Kristen		*Schedule is subject to change based on class demand
6:30-7:30pm Zumba® w/Laurie		6:30-7:30pm Zumba® w/Laurie			ALL fitness classes listed are FREE for members!