



# GROUP EXERCISE SCHEDULE

Winter 1 ~ October 31 - November 30

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Morning Classes</b>					
5:15-5:45am BodyPump™ Express w/Kristen	5:15-5:45am Body Combat™ Express w/Kristen	5:15-5:45am BodyPump™ Express w/Kristen	5:15-5:45am Body Combat™ Express w/Kristen		
		6:00-7:00am Cycling Bootcamp w/Mary Lee		6:00-7:00am Cycling Bootcamp w/Mary Lee	
8:30-9:30am AquaZumba w/Laurie	8:30-9:30am Water Walking	8:30-9:30am AquaZumba w/Laurie	8:30-9:30am Water Walking	8:30-9:30am AquaZumba w/Laurie	
9:15-10:15am BodyPump™ w/Kristen	9:15-10:15am Body Combat™ w/Kristen	9:15-10:15am Balance w/Kristen	9:15-10:15am Body Combat™ w/Kristen	9:15-10:15am BodyPump™ w/Kristen	
10:30-11:15am SilverSneakers® Classic w/Kristen		10:30-11:15am SilverSneakers® Stability w/Laurie		10:30-11:15am SilverSneakers® Classic w/Kristen	
<b>Afternoon &amp; Evening Classes</b>					
12:00-2:00pm Open Pickleball in Gymnasium	12:00-2:00pm Open Pickleball in Gymnasium	12:00-2:00pm Open Pickleball in Gymnasium	12:00-2:00pm Open Pickleball in Gymnasium  4:00-4:45pm Yoga w/Mary Lee	12:00-2:00pm Open Pickleball in Gymnasium	*Schedule is subject to change based on class de- mand
6:00-7:00pm Zumba® w/Laurie	6:00-8:00pm Open Pickleball in Gymnasium	6:00-7:00pm Zumba® w/Laurie	6:00-8:00pm Open Pickleball in Gymnasium		ALL fitness classes listed are FREE for members!