



# GROUP EXERCISE SCHEDULE

Winter 1: January 3 – February 18

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