



GROUP EXERCISE SCHEDULE

Winter: November 1 – December 27

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning Classes					
5:15-5:45am Cycling w/Tamara	5:15-5:45am BodyPump™ Express w/Kristen	5:15-5:45am Cycling w/Tamara	5:15-5:45am BodyPump™ Express w/Kristen	5:15-5:45am Cycling w/Tamara	
6:00-7:00am Toning w/Tamara		6:00-7:00am Cardio Toning w/Tamara		6:00-7:00am Toning w/Tamara	
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	9:00-9:45am BodyCombat™ w/Kristen	9:00-9:45am BodyFlow™ w/Kristen	9:00-9:45am BodyCombat™ 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	
Afternoon & Evening Classes					
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
	5:30-6:00pm Cycling w/Tamara	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	6:00-7:00pm Core & More w/Tamara	6:30-7:30pm Zumba® w/Laurie			ALL fitness classes listed are FREE for members!