



# GROUP EXERCISE SCHEDULE

Spring: March 1–May 30

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	5:15–5:45 am 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	9:00–9:45am Stretch 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
		5:30–6:15pm 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!