GROUP EXERCISE SCHEDULE

September 8 – October 31

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning Classes					
5:15-5:45am BodyPump™ Express w/Kristen	5:15-5:45am BodyCombat™ Express w/Kristen	5:15-5:45am BodyPump™ Express w/Kristen	5:15-5:45am BodyCombat™ Express w/Kristen	5:15-5:45am BodyPump™ Express w/Kristen	
	8:30-9:30am Water Walking	6:00-7:00am Cycling + Arms w/Mary Lee	8:30-9:30am Water Walking	6:00-7:00am Cycling + Arms w/Mary Lee	
8:00-8:45am & 8:45-9:30am AquaZumba® w/Laurie	8:30-9:30am Zumba Gold® w/Laurie	8:00-8:45am & 8:45-9:30am AquaZumba® w/Laurie	8:30-9:30am Zumba Gold® w/Laurie 8:30-9:00am Cycling w/Mary Lee	8:00-9:00am BodyBalance™ w/Kristen 8:00-8:45am & 8:45-9:30am AquaZumba® w/Laurie	
9:15-10:15am BodyPump™ w/Kristen	9:30-10:15am BodyCombat™ w/Kristen 9:30-10:15am Beginner Tai Chi w/ Annamae	9:15-10:15am BodyBalance™ w/Kristen	9:15-10:00am Circuit Training w/Mary Lee	9:15-10:15am BodyPump™ w/Kristen 9:30-10:15am Intermediate Tai Chi w/ Annamae	9:00-9:45am Beginner Tai Chi w/ Annamae
10:30-11:15am SilverSneakers® Classic w/Kristen	10:30-11:15am SilverSneakers® w/Annamae 11:15-12:00pm Tai Chi w/ Annamae	10:30-11:15am SilverSneakers® Stability w/Laurie 11:15am-12:10pm Chair Yoga w/Stacey	10:30-11:15am SilverSneakers® w/Cathyanne	10:30-11:15am SilverSneakers® Classic w/Kristen 11:15-12:15pm Chair Yoga w/Stacey	10:00-10:45am Tai Chi w/ Annamae
Afternoon & Evening Classes					
		12:20-1:20pm Gentle Yoga w/Stacey		12:30-1:30pm Kundalini Yoga w/Stacey	
4:00-4:55pm Vinyasa Yoga w/Stacey			5:00-5:45pm Yoga w/Mary Lee		
5:00-5:55pm Gentle Yoga w/Stacey			6:00-6:45pm Tai Chi w/ Annamae		ALL fitness classes listed are FREE for members!

*Sign up with the front desk to reserve your spot in class. Schedule subject to change. Check our website for the most up to date information.