



GROUP EXERCISE SCHEDULE

January 6 – February 29th

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning Classes					
5:15-5:45 am Rise @ Grind w/ Tamara	5:15-5:45 am BodyPump™ express w/ Kristen		5:15-5:45 am BodyPump™ express w/ Kristen	5:15-5:45 am Shred w/ Tamara	
6:00-7:00 am Toning w/ Tamara		6:00-7:00 am Toning/Cardio w/ Mary Lee		6:00-7:00 am Core & More w/ Tamara	
	8:00-9:00 am Aqua Jogging w/ Mo		8:00-9:00 am Aqua Jogging w/ Mo		
8:30-9:30 am AquaZumba w/ Laurie	8:30-9:00 am Tai Chi 1 w/ Marissa	8:30-9:30 am AquaZumba w/ Laurie		8:30-9:30 am AquaZumba w/ Laurie	8:30-9:30 am BodyPump™/ Instructor's Choice
9:15-10:15 am BodyPump™ w/ Jenn H	9:15-10:15 am BodyCombat™ w/ Kristen	9:15- 10:15 am BodyFlow™ w/ Kristen	9:15-10:15 am BodyCombat™ w/ Kristen	9:15-10:15 am BodyPump™ w/ Kristen	9:30-10:30 am BodyFlow™/ Instructor's Choice
10:30-11:15 am SilverSneakers® Classic w/ Jenn H	10:30-11:15 am SilverSneakers® Classic w/ Marissa	10:30-11:15 am SilverSneakers® Classic w/Marissa	10:30 -11:15 am SilverSneakers® Cardio w/ Jenn H	10:30-11:15 am SilverSneakers® Classic w/ Marissa	
Afternoon & Evening Classes					
	4:30-5:30 pm Vinyasa Yoga w/ Mary Lee	4:30-5:30 pm Vinyasa Yoga w/ Mary Lee	4:30-5:15 pm Tai Chi 2 w/ Marissa	4:30-5:30 pm Beginner Yoga w/ Jenn H	
5:30-6:30 pm BodyPump™ w/ Kristen	5:45-6:15 pm Interval Shred express w/ Tamara	5:30-6:15 pm Strong® w/ Laurie	5:30-6:15 pm Barre w/ Marissa		CHILDWATCH available during highlighted classes!
6:30-7:30 pm BodyFlow™ w/ Kristen	6:30-7:00 pm Core & More Express w/ Tamara	6:30-7:30 pm Zumba® w/ Laurie	6:30-7:15 pm Butts & Guts w/ Marissa		ALL Fitness classes listed are FREE for members!
6:30-7:30 pm Zumba® w/ Laurie (Gym)					*Schedule is subject to change based on class demand.