



GROUP EXERCISE SCHEDULE

Spring: April 22–June 22

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 BodyBalance™ Express w/Kristen	
	8:30-9:30am Water Walking	6:00-7:00am Cycling Bootcamp w/Mary Lee	8:30-9:30am Water Walking	6:00-7:00am Cycling Bootcamp w/Mary Lee	
8:00-8:45am & 8:45-9:30am (2 offerings) AquaZumba® w/Laurie	8:30-9:30am Zumba Gold® w/Laurie	8:00-8:45am & 8:45-9:30am (2 offerings) AquaZumba® w/Laurie	8:30-9:30am Zumba Gold® w/Laurie	8:00-8:45am & 8:45-9:30am (2 offerings) AquaZumba® w/Laurie	8:15-9:15 BodyPump™ w/Kristen
9:15-10:15am BodyPump™ w/Kristen	9:15-10:00am Core & More w/Billy	9:15-10:15am BodyBalance™ w/Kristen	9:15-10:15am Circuit Training w/Billy	9:15-10:15am BodyCombat™ w/Kristen	9:15-10:00 BodyCombat™ w/Kristen
10:30-11:15am SilverSneakers® Classic w/Kristen	10:30-11:15am SilverSneakers® w/Anna Mae	10:30-11:15am SilverSneakers® Stability w/Laurie	10:30-11:15am SilverSneakers® w/Anna Mae	10:30-11:15am SilverSneakers® Classic w/Kristen	10:30-11:15am Tai Chi w/Anna Mae
Afternoon & Evening Classes					
	4:00-4:45pm Yoga w/Mary Lee			4:00-4:45pm Tai Chi w/Anna Mae	*Schedule is subject to change based on class demand
	5:30-6:30pm Circuit Training w/Billy		5:30-6:15pm HIIT w/Billy	5:00-5:45 Beginner Tai Chi w/Anna Mae	
6:00-7:00pm Zumba® w/Laurie		6:00-7:00pm Zumba® w/Laurie	6:30-7:15pm Tai Chi w/Anna Mae		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.