

# Group Exercise Schedule

EFFECTIVE: MARCH 1, 2019



## Monday

Time (a.m.)	Class	Instructor
5:30 - 6:30	<b>P90X</b>	Eddie
7:30 - 8:15	<b>Sculpt Stretch Fusion</b>	Shaun
8:30 - 9:25	<b>Kickboxing</b>	Kelley
9:00 - 10:00	<b>AquaFit - Pool</b>	Shaun
9:30 - 10:15	<b>Bootybarre/Bbarreless</b>	Wendy
9:30 - 10:30	<b>Circuit Training - Gym</b>	Charla
10:15 - 11:15	<b>Yoga (Vinyasa Flow)</b>	Kelly W.
11:30 - 12:15	<b>Silver Sneakers - Muscular Strength Range of Motion</b>	Holly
Time (p.m.)		
12:30 - 1:30	<b>Tai Chi</b>	Julian
5:30 - 6:25	<b>Sculpt</b>	Charla
5:45 - 6:35	<b>Group Cycling - CS</b>	Heather T.
6:30 - 7:30	<b>Bootybarre/Bbarreless</b>	Wendy

## Tuesday

Time (a.m.)	Class	Instructor
5:15 - 6:15	<b>Yoga (Vinyasa Flow)</b>	Marion
5:30 - 6:20	<b>Group Cycling - CS</b>	Chris
7:30 - 8:15	<b>Movers &amp; Shakers</b>	Anna
8:20 - 8:50	<b>Burn 30</b>	Rin
9:00 - 10:00	<b>AquaFit - Pool</b>	Evelyn
10:00 - 11:00	<b>Zumba</b>	Rin
11:15 - 12:15	<b>Flex and Flow/Pilates Fusion</b>	Wendy
Time (p.m.)		
3:00 - 3:45	<b>Silver Sneakers - YogaStretch</b>	Lupe
5:30 - 6:25	<b>Step</b>	Kerry
5:45 - 6:35	<b>Group Cycling - CS</b>	Luara
6:25 - 6:40	<b>Core Crunch</b>	Kerry
6:45 - 7:40	<b>Power Pump</b>	Kerry

## Wednesday

Time (a.m.)	Class	Instructor
5:30 - 6:30	<b>Circuit Training</b>	Eddie
7:30 - 8:15	<b>Sculpt Stretch Fusion</b>	Shaun
8:30 - 9:25	<b>Step Fusion</b>	Kelley
9:00 - 10:00	<b>AquaFit - Pool</b>	Shaun
9:30 - 10:15	<b>Bootybarre/Bbarreless</b>	Wendy
9:30 - 10:30	<b>Circuit Training</b>	Charla
10:15 - 11:25	<b>Yoga (Vinyasa Flow)</b>	Lupe
11:30 - 12:15	<b>Silver Sneakers - Muscular Strength Range of Motion</b>	Holly
Time (p.m.)		
5:30 - 6:20	<b>CardioSculpt</b>	Kerry
5:45 - 6:35	<b>Group Cycling - CS</b>	Heather H.
6:30 - 7:30	<b>Yoga (Vinyasa Flow)</b>	Lupe

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## Thursday

Time (a.m.)	Class	Instructor
5:15 - 6:15	<b>Yoga (Vinyasa Flow)</b>	Marion
5:30 - 6:20	<b>Group Cycling - CS</b>	Chris
7:30 - 8:15	<b>Movers &amp; Shakers</b>	Anna
8:20 - 8:50	<b>Burn 30</b>	Charla
9:00 - 10:00	<b>AquaZumba - Pool</b>	Evelyn
10:00 - 11:00	<b>Zumba</b>	Rin
Time (p.m.)		
3:00 - 3:45	<b>Silver Sneakers - YogaStretch</b>	Lupe
5:30 - 6:30	<b>Bootybarre/Bbarreless</b>	Wendy
5:45 - 6:35	<b>Group Cycling - CS</b>	Laura

## Friday

Time (a.m.)	Class	Instructor
5:30 - 6:30	<b>P90X</b>	Eddie
7:30 - 8:15	<b>Sculpt Stretch Fusion</b>	Shaun
8:30 - 9:25	<b>Zumba</b>	Rin
9:00 - 10:00	<b>AquaFit - Pool</b>	Shaun
9:30 - 10:30	<b>Mix it Up - Gym</b>	Charla
11:30 - 12:15	<b>Silver Sneakers - Muscular Strength Range of Motion</b>	Holly

## Saturday

Time (a.m.)	Class	Instructor
8:10 - 8:55	<b>Power Pump Express</b>	Kerry
9:00 - 9:50	<b>Group Cycling - CS</b>	Jennifer
9:00 - 9:55	<b>Step</b>	Kerry
9:55 - 10:10	<b>Core Crunch</b>	Kerry
10:15 - 11:25	<b>Yoga (Vinyasa Flow)</b>	Lupe
10:15 - 11:15	<b>AquaZumba - Pool</b>	Evelyn

## Sunday

Time (p.m.)	Class	Instructor
4:00 - 4:55	<b>Bootybarre/Bbarreless - Beginner</b>	Wendy

CS - Cycling Studio

Unless noted, all classes are held in the Group Exercise Studio. Classes and instructors are subject to change. Classes must maintain an average of eight participants to remain on the schedule. Each class must have at least three participants to be conducted.