

Group Exercise Schedule

EFFECTIVE: APRIL 1, 2019



Monday

Time (a.m.)	Class	Instructor
5:30 - 6:30	P90X	Eddie
7:30 - 8:15	Sculpt Stretch Fusion	Shaun
8:30 - 9:25	Kickboxing	Kelley
8:45 - 9:30	Group Cycling - CS	Heather
9:00 - 10:00	AquaFit - Pool	Shaun
9:30 - 10:15	Bootybarre/Bbarreless	Wendy
9:30 - 10:30	Circuit Training - Gym	Charla
10:20 - 11:20	Yoga (Vinyasa Flow)	Kelly W.
11:30 - 12:15	Silver Sneakers - Muscular Strength Range of Motion	Holly
Time (p.m.)		
12:30 - 1:30	Tai Chi	Julian
5:30 - 6:25	Sculpt	Charla
5:45 - 6:35	Group Cycling - CS	Heather T.
6:30 - 7:30	Bootybarre/Bbarreless	Wendy

Tuesday

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

Wednesday

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

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Thursday

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

Friday

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

Saturday

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

Sunday

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