



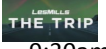


















GROUP FITNESS SCHEDULE

Schedule is Subject to Change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 VIRTUAL barre 8:30AM-9:00AM STUDIO A	BOOTCAMP** 5:45AM-6:45AM Jeff-Roller	 Spin 6AM-7AM Jeff- STUDIO A	BOOTCAMP** 5:45AM-6:45AM JEFF-Roller	 SPIN 6AM-7AM Jeff- STUDIO A	BOOTCAMP** 5:45AM-6:45AM Jeff-Roller	 8:00AM-9:00AM MJ- GYM
 VIRTUAL 9:30am-10:00AM STUDIO A	Silver Sneakers: Cardio 9:00AM-9:30AM Diane -GYM	Silver Sneakers: Classic 9:00AM-10:00AM Kay- GYM	Silver Sneakers: Cardio 9:30AM-10:00AM Leeanne- GYM	Silver Sneakers: Classic 9:00AM-10:00AM Leeanne- GYM	Silver Sneakers: Classic 9:00AM-10:00AM Diane- GYM	STRONG by Zumba 8:00AM-9:00AM Jen O- STUDIO A
Stretch 'n Yoga 10:30AM-11:30AM Yasmin- STUDIO B	Silver Sneakers: Classic 10:00AM-11:00AM Kay- GYM	Silver Sneakers: Circuit 10:00AM-11:00AM Diane- GYM	Pilates 10:15AM-11:15AM Laura- GYM	Silver Sneakers: Circuit 10:00AM-11:00AM Diane- GYM	Silver Sneakers: Circuit 10:00AM-11:00AM Leeanne- GYM	 9:00AM-10:00AM Kristen- GYM
		Chair Yoga 11:00AM-12:00PM Toni- GYM	Zumba Gold 11:30AM-12:15PM Laura- GYM	Aqua Zumba /Aqua Pilates 12:00PM-1:30PM Laura- POOL	Zumba Gold Toning 11:30AM-12:15PM Laura- GYM	 VIRTUAL 9:30AM-10:00AM STUDIO A
	Zumba Gold 12:00PM-12:45PM Joann- GYM	Silver Splash 11:30AM-12:15PM Leeanne- POOL	Aqua Splash 12:45-1:30 Sarahlynn-Pool	Lunchtime Yoga 12:00PM-1:00PM Joann- STUDIO B	Silver Splash 11:30AM-12:15PM Leeanne- POOL	 VIRTUAL 10:00AM-10:30AM STUDIO A
Zumba 11:30PM-12:30PM Jen O- Gym	Aqua Zumba 12:00PM-12:45PM Laura- POOL	 VIRTUAL 12pm-12:30pm STUDIO A	 VIRTUAL 12PM-12:45PM STUDIO A	 VIRTUAL 12pm-12:30pm STUDIO A	STRONG 30 12:30pm-1:00PM Laura- GYM	Yoga 10:30AM-11:30AM Yasmin- STUDIO B
	Total Tone 5:00PM-6:00PM Debbie- STUDIO A		Core & More 5:00PM-6:00PM Debbie- Studio A	 5:30PM-6:30PM Kristen- GYM	 VIRTUAL 5:00PM-5:30PM STUDIO A	
	 VIRTUAL 6:15PM-6:45PM STUDIO A	 6:00PM-7:00PM Nikki- GYM	Insanity 6:30PM-7:30PM MJ- GYM/Studio A	Yoga 6:00PM-7:00PM Andrea - STUDIO B	 VIRTUAL 5:45PM-6:15PM STUDIO A	
	 6:30PM-7:30PM MJ- GYM	 7:00PM-8:00PM Kristen- GYM		Cycle Strong 6:00PM-7:00PM Barbara- STUDIO A		
	Dance Jam 7:15PM-8:15PM Debbie- STUDIO A	Power Cycle 7:00PM-8:00PM Debbie- STUDIO A	 7:00PM-8:00PM Kristen- GYM	 6:30PM-7:30PM MJ- GYM	Dance Step 7:15PM-8:15PM Debbie- GYM	
		 7:00PM-8:00PM Rachel- Room 214		Boxing Boot Camp 7:30PM-8:30PM Debbie- STUDIO A	All classes in the green boxes are for the SENIOR fitness schedule. **This class is an additional charge and requires pre-registration	