



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Group Exercise Schedule 1/1 - 2/18

Class Schedule	MON	TUE	WED	THU	FRI	SAT	SUN
Cycle/Spin	5:45am	5:45am	5:45am	5:45am	5:45am		
Cycle/Spin		9:15am		9:15am			
Cycle/Spin						8:15am	
Step it up	8:15am		8:15am		8:15am		
Tone	9:00am		9:00am		9:00am		
Strength & Cardio Conditioning	4:15pm		4:15pm				
Barre Sculpt		8:20am		8:20am		9:05am	
Pilates-Style	5:00am		5:00am		5:00am		
Core & More Pilates	8:15am				8:15am		
Slow Flow Yoga (Last Class 1/17)	4:00pm		4:00pm				
Kick 'N Fit	5:30pm		5:30pm				
Vinyasa Yoga				6:00pm		10:00am	
Silver Sneakers (Strength)	10:00am		10:00am		10:00am		
Silver Sneakers (Strength)	11:15am		11:15am		11:15am		
Silver Sneakers (Cardio)		10:00am		10:00am			
Water Aerobics	8:00am		8:00am		8:00am		
Water Aerobics	10:00am		10:00am		10:00am		
Warm Water Aerobics	12:00pm		12:00pm		12:00pm		
Deep Water Aerobics		8:00am		8:00am			
Water Aerobics		9:45am		9:45am			
Warm Water Aqua Yoga		11:00am		11:00am			

**Denotes classes with additional fees that you must sign up for

Pool	Gym
Spin Room	Fitness Room

