



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Group Exercise Schedule 08/22/2019 -9/15/2019

Class Schedule	MON	TUE	WED	THU	FRI	SAT	SUN
Pilates-Style	5:00am		5:00am		5:00am		
Cycle/Spin	5:45am	5:45am	5:45am	5:45am	5:45am		
Cycle/Spin		8:00am		8:00am		8:15am	
Water Aerobics	8:00am		8:00am		8:00am		
Deep Water Aerobics		8:00am		8:00am			
Step it up	8:15am		8:15am		8:15am		
Barre Sculpt		8:50am		8:50am			
Tone	9:00am		9:00am		9:00am		
Barre Sculpt						9:05am	
Water Aerobics	10:00am	10:00am	10:00am	10:00am			
Silver Sneakers (Strength)	10:00am		10:00am		10:00am		
Silver Sneakers (Cardio)		10:00am		10:00am			
Silver Sneakers (Strength)	11:15am		11:15am		11:15am		
ZUMBA Fitness		11:30am		11:30am			
Warm Water Aerobics	12:00pm		12:00pm		12:00pm		
Strength & Cardio HIIT	5:00pm		5:00pm				
Vinyasa Yoga				5:30pm			
IGNITE Yoga	6:00pm		6:00pm				

Pool	Gym
Spin Room	Fitness Room

****Must be 16 years or older to participate in Group Exercise Classes unless YCP has been completed**