



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Group Exercise Schedule 1/14 - 2/3/19

Class Schedule	MON	TUE	WED	THU	FRI	SAT	SUN
Cycle/Spin	5:45am	5:45am	5:45am	5:45am	5:45am		
Cycle/Spin		8:00am		8:00am		8:15am	
Cycle/Spin	5:30pm		5:30pm				
Step it up	8:15am		8:15am		8:15am		
Tone	9:00am		9:00am		9:00am		
P90X LIVE		5:30am		5:30am			
Strength and Cardio Conditioning	4:15pm		4:15pm				
Circuit Training		5:15pm		5:15pm			
KickHIIT			5:30pm				
Myofascial Release (MFR)			6:15pm				
Pilates-Style	5:00am		5:00am		5:00am		
Barre Sculpt		8:50am		8:50am		9:05am	
Vinyasa Yoga						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			
Slow Flow Yoga	4:00pm		4:00pm				
Barre Sculpt			6:15pm				
SCULPT	5:15pm						
Water Aerobics	8:00am		8:00am		8:00am		
Deep Water Aerobics		8:00am		8:00am			
Water Aerobics	10:00am		10:00am				
Water Aerobics		10:00am		10:00am			
Warm Water Aerobics	12:00pm		12:00pm		12:00pm		

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

Pool	Gym
Spin Room	Fitness Room