



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## Group Exercise Schedule 6/10/19 – 6/23/19

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		
Strength & Cardio HIIT	6:15am		6:15am				
Cycle/Spin	8:00am	8:00am		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		8:50am	8:50am		
Tone	9:00am		9:00am		9:00am		
Zumba Fitness						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		
Beginner ZUMBA Fitness		11:30am		11:30am			
Warm Water Aerobics	12:00pm		12:00pm		12:00pm		
Myofascial Release (MFR)		4:15pm					
Cycle/Spin			4:45pm				
Vinyasa Yoga		5:30pm					
SCULPT				5:30pm			
Slow Flow Yoga	6:00pm		6:00pm				
Myofascial Release (MFR)				6:30pm			

Pool	Gym
Spin Room	Fitness Room

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