



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Group Exercise Schedule 1/1-1/31

Class Schedule	MON	TUE	WED	THU	FRI	SAT	SUN
Pilates/Style (Amy H.)	5:00am		5:00am		5:00am		
Cycle/Spin (Kathy V.)	5:55am		5:55am		5:55am		
Water Aerobics (Jim/Candy)	8:00 AM		8:00 AM		8:00 AM		
Cycle/Spin (Kayla W.)		8:15am		8:15am	8:15am		
Strength & Cardio Intervals (Shawn S.)						9:00 AM	
Power Yoga (Alyssa S.)						10:00 AM	
Sculpt (Kayla W.)		9:05am		9:05am			
Silver Sneakers -Strength	10:30am		10:30am		10:30am		
Silver Sneakers -Cardio		10:00am		10:00am			
Water Aerobics (Rachael B.)		10:00 AM		10:00 AM			
Water Yoga (Rachael B.)		11:00am		11:00am			
Senior Cycle (Megan V.)		1:00pm					
Ignite Yoga (Alyssa S.)	4:30 PM		4:30 PM				
Vinyasa Yoga (Jasal K.)				5:30pm			

Pool	Gym	Therapy Pool
Spin Room	Fitness Room	

Please bring your own yoga mat

Must be 16 years old to participate in Group Exercise Classes unless YCP has been completed

