



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Group Exercise Schedule 7/18-9/10

Class Schedule	MON	TUE	WED	THU	FRI	SAT	SUN
Cycle/Spin	5:45am		5:45am		5:45am		
Cycle/Spin		6:00pm		6:00pm			
Cycle/Spin						9:15am	
Step it up	8:15am		8:15am		8:15am		
Tone	9:00am		9:00am		9:00am		
Core & More	8:15am				8:15am		
HIITone		8:30am		8:30am			
Kick 'N Fit			5:30pm			8:15am	
Pilates-Style	5:00am		5:00am		5:00am		
PiYo®		5:15pm					
Restorative Yoga			8:15am				
Slow Flow Yoga	4:00pm		4:00pm				
Strength & Cardio Conditioning	5:15pm						
Vinyasa Yoga		6:10pm				10:00am	
Aqua Zumba®					8:00am		
Deep Water Aerobics		8:00am		8:00am			
Warm Water Aerobics		12:00pm	12:00pm	12:00pm			
Water Aerobics		9:45am		9:45am			
Water Aerobics	8:00am		8:00am				
Water Aerobics	10:00am		10:00am		10:00am		

Pool	Gym
Spin Room	Fitness Room

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