



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Group Exercise Schedule 6/12 - 8/05

Class Schedule	MON	TUE	WED	THU	FRI	SAT	SUN
Cycle/Spin	5:45am	5:45am	5:45am	5:45am	5:45am		
Cycle/Spin		9:10am		9:10am			
Cycle/Spin				5:15pm			
Cycle/Spin						8:15am	
Step it up	8:15am		8:15am		8:15am		
Tone	9:00am		9:00am		9:00am		
Strength & Cardio Conditioning	4:15pm		4:15pm				
HIITone		8:20am		8:20am			
Kick 'N Fit	5:30pm		5:30pm				
Pilates-Style	5:00am		5:00am		5:00am		
Stott Pilates			8:15am				
Slow Flow Yoga	4:00pm		4:00pm				
Vinyasa Yoga				6:10pm		10:15am	
Water Aerobics					8:00am		
Warm Water Aqua Yoga		11:00am		11:00am			
Deep Water Aerobics		8:00am		8:00am			
Warm Water Aerobics	12:00pm		12:00pm		12:00pm		
Water Aerobics		9:45am		9:45am			
Water Aerobics		5:30pm					
Water Aerobics	8:00am		8:00am				
Water Aerobics	10:00am		10:00am		10:00am		

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

Pool	Gym
Spin Room	Fitness Room

