



Group Exercise Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00-8:45am Strength Training Valentina	6:00-7:00am KettleBurn Jordan	6:00-6:45am Cycling Molly	6:00-7:00am KettleBurn Jordan	8:00-8:45am Strength Training Valentina	9:00-9:45am Interval Strength Kelly P	
8:30-9:15am Senior Aqua Fit Heather	9:00-10:00am Cycling Ann	8:30-9:15am Senior Aqua Fit Heather	9:00-10:00am Cycling Ann	9:00-10:00am JazzerGrind Cat	9:00am-9:45am Cycling Alternating	
9:00-10:00 Pilates Valentina	9:00-10:00 Chair Yoga Lauren	9:00-10:00am JazzerGrind Cat	9:00-9:45 Low Impact Aerobics Kelly P	5:30-6:15pm Cycling Valentina	9:00-9:45am Zumba Cat & Kelly D Gymnasium	
9:30-10:15am Senior Aqua Fit Heather	5:30-6:15pm Cycling Sarah	9:00-10:00am Cycle & Tone Ann	10:00-10:45am Aqua Barre Heather			
10:30-11:30 Yoga Flow James	6:30-7:15pm Strength Training Valentina	9:30-10:15am Deep End Aqua Fit Heather	5:30-6:15pm Cycling Sarah			
4:30-5:15pm Cardio Sculpt Kelly P		10:30-11:30am Yoga Flow James	5:30-6:15pm Pilates Valentina			
5:30-6:30pm Zumba Cat		5:00-5:45pm Triple Threat Kelly D	6:30-7:15pm Strength Training Valentina			
5:30-6:15pm Cycling Melissa		5:30-6:15pm Cycling Valentina				
		6:00-6:45pm Beginner Yoga Kristen				