

GROUP EXERCISE MENU

subject to change without notice

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	Y HOURS
	Yoga 5:30-6:30 Drew(S)			Cross Fun 5:45-6:30 Shelley (G)		M-F 5:00a-10:00p Sat. 6:30a-7:00p Sun. 6:30a-7:00p
Strength Training 6:00-6:30 Colleen (S)	LES MILLS CXWORX 7:00-7:30 Kerry (S)	Strength Training 6:00-6:30 Claudia (S)	LES MILLS CXWORX 7:00-7:30 Kerry (S)			KID'S CORNER M-F 8:30a-12:30p M-Th 4:30p-7:30p Sat. 8:00a-12:00p
	Boot Camp 8:00-9:00 Dawne (G)		Boot Camp 8:00-9:00 Dawne (G)	Step & Stretch 8:00-9:00 Marisa (G)	LES MILLS BODYPUMP 8:00-9:00 Sharon (G)	
SilverSneakers® Classic 8:00-9:00 Dee (S)	Pilates 8:00-9:00 Debbie (S)	SilverSneakers® Circuit 8:00-9:00 Dee (S)		SilverSneakers® Classic 8:00-9:00 Debbie (S)	Zumba® 8:00-9:00 Cassie (S)	
Tabata 9:00-9:45 Dawne (G)	ZUMBA 9:15-10:15 Maria (S)	Step Interval 9:15-10:15 Marisa (G)	It's a H.I.I.T. 9:15-10:00 Marisa (G)	Kickboxing 9:15-10:15 Marisa (G)	Zumba® 9:15-10:15 Cassie (S)	
Yoga 9:15-10:15 Eileen (S)	Interval 45 9:15-10:00 Kerry (G)	Vinyasa Yoga 9:15-10:15 Rebecca (S)	Pilates 9:15-10:15 Debbie (S)	Barre None 9:15-10:15 Kerry (S)	Pilates 9:15-10:15 Nada/Kerry (A)	
Complete Core 9:45-10:10 Dawne (G)			LES MILLS BODYPUMP EXPRESS 30 10:10-10:40 Marisa (G)	LES MILLS BODYPUMP 10:20-11:20 Marisa (G)	Butts and Guts 10:30-11:30 Blythe (S)	
LES MILLS BODYPUMP 10:25-11:25 Laura (G)	Hard Core 10:05-10:20 Kerry (G)	LES MILLS BODYPUMP 10:20-11:20 Marisa (G)		Zumba® 10:25-11:25 Dolores (S)		
SilverSneakers® Classic 10:30-11:30 Claudia (S)	Zumba Gold® 10:30-11:30 Donnasue (G)	SilverSneakers® Circuit 10:30-11:30 Karen (S)	Zumba Gold® 11:00-12:00 Cristina (G)	SilverSneakers® Circuit 11:30-12:30 Kerry/Dee (S)		
SilverSneakers® Classic 11:40-12:40 Claudia (S)		SilverSneakers® Circuit 11:40-12:40 Marisa (S)	SilverSneakers® Classic 11:30-12:30 Marisa (S)			
		Yo Chi 12:40-2:00 Claudia (S)		Yo Chi 12:40-2:00 Claudia (S)		
Zumba® 4:30-5:30 Cassie (S)		Tabata 4:30-5:15 Dawne (S)				
Barre None 5:35-6:35 Kerry (S)	Vinyasa Yoga 5:30-6:30 Faith (S)	Hard Core 5:15-5:30 Dawne (S)	Step Interval 5:30-6:25 Blythe (S)			
LES MILLS BODYPUMP 5:45-6:45 Suzanne (G)	Zumba® 6:35-7:35 Cassie (S)	Yoga 5:45-6:45 Rebecca (S)	Family Zumba® 6:00-7:00 Maria (G)			
		LES MILLS BODYPUMP 5:45-6:45 Kerry (G)	Tabata 6:30-7:25 Kerry (S)			
Pilates 7:15-8:15 Nada (A)			Yoga 7:30-8:30 Lisa (S)			
\$\$TKD/Self Def 7:00-8:15		\$\$TKD/Self Def 7:00-8:15				
					SUNDAY	
					Step Interval 9:15-10:15 Blythe (S)	
					Yoga 10:30-11:30 Eileen (S)	
					Yoga 11:45-12:45 Drew (S)	
						KEY
						\$\$ denotes a fee
						GYM (G)
						STUDIO (S)
						ANNEX (A)