

GROUP EXERCISE MENU

subject to change without notice

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>SPIN 6:15a-7:00a Brian</p> <p>OUTDOORS ONLY If weather permits</p> <p>SilverSneakers® Classic 8:00a-8:45a Debbie via ZOOM</p> <p>High Fitness 9:00a-10:00a Pam</p> <p>OUTDOORS If weather permits</p> <p>Yoga 9:15a-10:15a Debbie via ZOOM</p>	<p>Pilates 9:15a-10:15a Debbie via ZOOM</p>	<p>HIIT 6:00a-6:45a Shelley</p> <p>OUTDOORS If weather permits</p> <p>SilverSneakers® Classic 8:00a-8:45a Debbie via ZOOM</p> <p>SPIN 9:00a-9:45a Nada</p> <p>OUTDOORS If weather permits</p> <p>IN GYM IF RAIN</p> <p>LES MILLS BODYPUMP 10:30a-11:30a Marisa via ZOOM</p>	<p>Pilates 9:15a-10:15a Debbie via ZOOM</p> <p>Butts and Guts 5:30p-6:30p Blythe via ZOOM</p> <p>Yoga 6:45p-7:45p Trish via ZOOM</p>	<p>SPIN 8:00a-8:45a Nada</p> <p>OUTDOORS If weather permits</p> <p>IN GYM IF RAIN</p> <p>Kickboxing 9:15a-10:15a Marisa via ZOOM</p> <p>LES MILLS BODYPUMP 10:30a-11:30a Marisa via ZOOM</p> <p>Zumba 10:30a-11:30a Stephanie GYM Begins 8/7</p>	<p>Zumba 8:00a-9:00a Stephanie OUTDOORS If weather permits</p> <p>SPIN 8:00a-8:45a Brian</p> <p>OUTDOORS ONLY If weather permits</p> <p>SPIN 9:00a-9:45a Aimee</p> <p>OUTDOORS ONLY If weather permits</p> <p>LES MILLS BODYPUMP 9:15a-10:15a Sharon GYM Begins 8/15</p> <p>Pilates 9:15a-10:15a Nada via ZOOM</p>
<p>LES MILLS CXWORX 6:30p-7:00p Trish via ZOOM</p>					<p>SUNDAY</p> <p>Yoga 9:30a-10:30a Eileen (S) via ZOOM</p> <p>Yoga 11:45a-12:45p Drew (S) via ZOOM</p>