

GROUP EXERCISE MENU

****subject to change without notice****

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
SPIN 6:00a-6:45a Brian GYM/OUTDOORS	HIIT 6:00-6:45a Shelley GYM	SPIN 6:00a-6:45a Brian GYM/OUTDOORS	Strength Training 6:15a-6:45a Jane GYM		
Les Mills CORE 6:55a-7:25a Trish STUDIO			Pilates 9:15a-10:15a Debbie via ZOOM		SPIN 8:00a-8:45a Brian GYM/OUTDOORS
Forever Strong 8:00a-8:45a Debbie via ZOOM		Forever Strong 8:00a-8:45a Debbie via ZOOM	Workout with Marisa 9:15a-9:45a GYM	SPIN 8:00a-8:45a Nada GYM/OUTDOORS	LES MILLS BODYPUMP 9:15a-10:15a Sharon GYM
Yoga 9:15a-10:15a Debbie via ZOOM	Pilates 9:15a-10:15a Debbie via ZOOM	SPIN 9:00a-9:45a Nada GYM	LES MILLS BODYPUMP EXPRESS 30 9:50a-10:20a Marisa GYM	Kickboxing 9:15a-10:15a Marisa GYM	Pilates 9:15a-10:15a Nada via ZOOM
Zumba 11:00a-12:00p Jody/Donnasue GYM begins 7/12		LES MILLS BODYPUMP 10:30a-11:30a Marisa GYM		LES MILLS BODYPUMP 10:30a-11:30a Marisa GYM	
					SUNDAY
		Yoga 5:30p-6:30p Trish STUDIO begins 7/7 reserve spot			SPIN 8:00a-8:45a Ramsay GYM/OUTDOORS
Zumba 5:15p-6:15p Alexis GYM		HIIT 5:15p-6:00p Shelley GYM			Zumba 9:00a-10:00a Stephanie GYM
LES MILLS BODYPUMP 6:30p-7:30p Maria GYM		SPIN 6:15p-7:00p Shelley GYM			Yoga 9:30a-10:30a Eileen (S) via ZOOM
					Step Interval 10:15a-11:15a Blythe GYM
					Yoga 11:45a-12:45p Drew (S) via ZOOM