

GROUP EXERCISE MENU

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
SPIN 5:45a-6:30a Brian Spin Studio	HIIT 6:00a-6:45a Shelley GYM	SPIN 5:45a-6:30a Brian Spin Studio	Strength Training 6:00a-6:30a Jane GYM		
Les Mills CORE 6:55a-7:25a Trish STUDIO	Cardio Circuit 8:00a-9:00a Karen GYM	Forever Strong 8:00a-8:45a Debbie via ZOOM	Cardio Circuit 8:00a-9:00a Karen GYM	SPIN 8:00a-8:45a Nada Spin Studio	SPIN 8:00a-8:45a Brian Spin Studio
Forever Strong 8:00a-8:45a Debbie via ZOOM	Pilates 9:15a-10:15a Debbie via ZOOM	SPIN 9:00a-9:45a Nada Spin Studio	Pilates 9:15a-10:15a Debbie via ZOOM	Kickboxing 9:15a-10:15a Marisa GYM	LES MILLS BODYPUMP 9:00a-10:00a Sharon GYM
Yoga 9:00a-10:00a Debbie via ZOOM	High Fitness 9:15am-10:15am Pam GYM begins 11/16	LES MILLS BODYPUMP 10:30a-11:30a Marisa GYM	Workout with Marisa 9:15a-9:45a GYM	LES MILLS BODYPUMP 10:30a-11:30a Marisa GYM	Pilates 9:15a-10:15a Nada STUDIO/ZOOM reserve studio spot
LES MILLS BODYPUMP 9:30a-10:30a Laura GYM			LES MILLS BODYPUMP EXPRESS 30 9:50a-10:20a Marisa GYM	Forever Strong 11:45a-12:30p Marisa GYM	SUNDAY
Zumba 11:00a-12:00p Jody/Donnasue GYM					SPIN 8:00a-8:45a Ramsay Spin Studio
					Zumba 9:00a-10:00a Stephanie GYM
					Yoga 9:30a-10:30a Eileen (S) via ZOOM
					Step Interval 10:15a-11:15a Blythe STUDIO
Zumba 5:15p-6:15p Alexis GYM		HIIT 5:15p-6:00p Shelley GYM			Yoga 11:30a-12:30p Drew (S) STUDIO/ZOOM reserve studio spot begins 11/21
LES MILLS BODYPUMP 6:30p-7:30p Maria GYM		SPIN 6:15p-7:00p Shelley Spin Studio	LES MILLS BODYPUMP 6:30p-7:30p Laura GYM		
		Yoga 5:30p-6:30p Trish STUDIO			