

# GROUP EXERCISE MENU

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

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