



JUNE 2016 Group Exercise Class Schedule

Please allow 2-5 min. of transition time between classes

Group Exercise Studio	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday	
	5:30am	BODYPUMP Greta		BODYPUMP Greta		BODYPUMP Greta				
	7:00am	Early F & S Connie		Early F & S Connie		Early F & S Connie				
	8:00am	Zumba- Lisa				Zumba-Lisa				
	9:00am	BODYPUMP Amy	ZUMBA TONING-KIT	BODY SCULPT	ZUMBA TONING-KIT	BODYPUMP AMY	9:30am	BODYPUMP Tonya		
	10:00am		EXTREME GRAVITY	Zumba Gold/Line	EXTREME GRAVITY	ZUMBA TONING-KIT	10:30am	U-JAM-LISA		
	12:00pm	BODYPUMP Greta		BODYPUMP Greta						
	12:15pm				3:00PM BALLERINAS	BODYPUMP Greta				
	4:00pm			U-JAM LISA			3:00PM		Table Tennis 3-6PM	
	5:00pm	BODYPUMP SET UP		BODYPUMP SET UP		Table Tennis 4-7PM				
	5:30pm	BODYPUMP Tonya	Zumba Nicole (KF)	BODYPUMP Tonya	Zumba Nicole (KF)					
	6:30pm	ZUMBA-LISA	U-JAM LISA		U-JAM LISA					
Yoga Studio	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday	
	8:00am			PIYO-LISA						
	8:30am	Yoga Barbara(1.5hrs)			Yoga Barbara(1.5hrs)					
	9:00am		Pilates Connie			Hatha Yoga Audrey D	9:00am	PIYO LISA		
	10:00am	FLEXIBILITY TRAINING	Functional Fitness Claudia		Functional Fitness Claudia					
	10:30am					Stretch the Limits Claudia				
	11:15am		Stretch the Limits Claudia							
	5:30pm	Beg. Yoga Eric	Pilates Connie	Beg. Yoga Eric	Slow Flow Yoga Audrey D					
	6:30pm									
	be made for 30 min. sessions									
Pool	Time	Monday	Tuesday	Wednesday	Thursday	Friday				
	9:00am	Aquacise Leslie		Aquacise DIANA		Aquacise Claudia				
	5:30pm		Aquacise Claudia		Aquacise Claudia					
Spin	Time	Monday	Tuesday	Wednesday	Thursday	Friday				
	5:15AM		HOLLY		HOLLY					
	8:00AM		CHERI		CHERI					
	5:30PM					KIRK				
	6:30PM	CHRIS F.		CHRIS F.						

