



# AUGUST 2017 Group Exercise Class Schedule

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

Group Exercise Studio	Time	Monday	Tuesday	Wednesday	Thursday	Friday	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		KICK BOX BOOTY WERK			KICK BOX BOOTY WERK			
10:30am	SILVER SNEAKERS			SILVER SNEAKERS		SILVER SNEAKERS	U-JAM-LISA	
11:00am		FUN&MOTION CLAUDIA			FUN&MOTION CLAUDIA			
12:00pm	BODYPUMP Greta			BODYPUMP Greta				
12:15PM						BODYPUMP Greta		
3:00pm	3:00PM BALLERINAS				3:00PM BALLERINAS			Table Tennis 3-6PM
4:00pm				U-JAM LISA		TABLE TENNIS 4-7		
5:00pm	BODYPUMP SET UP			BODYPUMP SET UP				
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	Saturday	Sunday
	8:00am			PIYO-LISA		PIYO LAURA		
	8:30am	Yoga Barbara(1.5hrs)			Yoga Barbara(1.5hrs)			
	9:00am		Pilates Connie	FUSION SUMMER		FUSION SUMMER	PIYO LISA	
	10:00am	FLEXIBILITY 10:15 Connie	Stretch the Limits Claudia					
	10:30am					Stretch the Limits Claudia		
	5:30pm	Beg. Yoga Eric	Pilates Connie	Beg. Yoga Eric	PILATES BROOKE			
Pool reservations can be made for 30 min. sessions								
Pool	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	9:00am	Aquacise Leslie		Aquacise Diana		Aquacise Claudia		
5:30pm		Aquacise Claudia			Aquacise Claudia			
Spin	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	5:15AM		HOLLY		HOLLY			
	8:00AM		CHRIS		KIRK			
	5:30PM					KIRK		
6:30PM	PHOENIX		CHRIS					