



NOVEMBER 2017 Group Exercise Class Schedule

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

| | Time | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|---------|-----------------------------|-------------------------------|----------------------|-------------------------|-------------------------------|-------------------|-----------------------|
| | | Group Exercise Studio | | | | | | |
| | 5:30am | BODYPUMP Greta | | BODYPUMP Greta | | BODYPUMP Greta | | |
| | 7:00am | FLEXIBLE & STRONG | | FLEXIBLE & STRONG | | FLEXIBLE & STRONG | | |
| | 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 | | | | | | | |
| | 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 | | BODYPUMP SET UP | | |
| | 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 | |
| | 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 | | |
| | 9:00am | Aquacise Leslie | | Aquacise Diana | | Aquacise Claudia | | |
| | 5:30pm | | Aquacise Claudia | | Aquacise Claudia | | | |
| Spin | | | | | | | | |
| | Time | Monday | Tuesday | Wednesday | Thursday | Friday | | |
| | 5:00AM | | MICHELLE | | MICHELLE | | | |
| | 8:00AM | | CHRIS | | KIRK | | | |
| | 5:30PM | | | | | KIRK | | |
| | 6:30PM | PHOENIX | | PHOENIX | | | | |