



NOVEMBER 2018 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	BODYPUMP SET UP	
	9:30AM						BODYPUMP Tonya	
	10:30am	SILVER SNEAKERS		SILVER SNEAKERS		SILVER SNEAKERS	ZUMBA JOENELLE KF	
	11:00am		FUN&MOTION CLAUDIA		FUN&MOTION CLAUDIA		ZUMBA 10:30/11:30	
	12:00pm	BODYPUMP Greta		BODYPUMP Greta		BODYPUMP SET UP		
	12:15PM					BODYPUMP Greta		
	3:00pm	3-4:00PM BALLERINAS			3-4:00PM BALLERINAS			Table Tennis 3-6PM
	4:00pm	BALLERINAS		ZUMBA JOENELLE		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 JOENELLE KF	DEMO ABS/BOOTY					
Yoga Studio								
	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	7:45am					PIYO LAURA		
	8:00am			PIYO LISA				
	8:30am	YOGA Barbara(1.5hrs)			YOGA Barbara(1.5hrs)			
	9:00am		PILATES CONNIE	FUSION SUMMER		FUSION SUMMER	PIYO LISA	
	10:00am		Stretch the Limits Claudia		Stretch the Limits Claudia			
	10:15am	FLEXIBILITY 10:15 Connie						
	10:30am							
	5:30pm	BEG. Yoga Eric	PILATES CONNIE	Beg. Yoga Eric				
POOL IS RESERVED FOR PT M-F 10:30AM-11:30AM								
Pool								
	Time	Monday	Tuesday	Wednesday	Thursday	Friday		
	9:00am	Aquacise Leslie	Aquacise Leslie	Aquacise Diana	Aquacise Leslie	Aquacise Leslie		
	11:30am					POOL CLEANING 1 HR		
	5:30pm		Aquacise Anna		Aquacise Anna			
Spin								
	Time	Monday	Tuesday	Wednesday	Thursday	Friday		
	5:00AM		MICHELLE		MICHELLE			
	8:00AM		CHRIS		KIRK			
	5:30PM					KIRK		
	6:30PM	PHOENIX			PHOENIX			