



Group Exercise Class Schedule

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

	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		Please allow 2-5 min. of transition time between classes						
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 J OR D 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				TABLE TENNIS 4-7		
	5:00pm	BODYPUMP SET UP		BODYPUMP SET UP				
	5:30pm	BODYPUMP TONYA	Zumba CARLEE (KF)	BODYPUMP TONYA	Zumba CARLEE (KF)			
	6:30pm	Zumba CARLEE (KF)	ABS&BOOTY LAURA					
	Yoga Studio	Time	Monday		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	FUSION SUMMER		FUSION SUMMER		
10:00am		FLEXIBILITY CONNIE	Stretch the Limits CLAUDIA		Stretch the Limits CLAUDIA			
10:30am								
5:30pm		BEG. Yoga ERIC	PILATES TONYA	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 LESLIE		
	11:30am					POOL CLEANING 1 HR		
	5:30pm		Aquacise Laurel		Aquacise Laurel			
Spin	Time	Monday	Tuesday	Wednesday	Thursday	Friday		
	5:00AM		RACHEL		RACHEL			
	8:00AM							
	5:30PM					KIRK		
	6:30PM	PHOENIX			PHOENIX			