



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		7:45AM ALIGN 101			Zumba- LISA		
9:00am	BODYPUMP ABBYANN		ZUMBA TONING-KIT	BODY SCULPT LISA	ZUMBA TONING-KIT	BODYPUMP ABBYANN	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 JOENELLE(KF)							
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	YOGA VICTORIA		YOGA VICTORIA		
	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	POOL IS RESERVED FOR PT M-F 10:30AM-11:30AM							
	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		CHRIS		CHRIS			
	8:00AM							
	5:30PM							
	6:30PM	PHOENIX		PHOENIX				