



Group Exercise Class Schedule

Due to COVID-19, we are allowing 30 minutes transition time in between classes

	Group Exercise Studio							
	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Group Exercise Studio	5:30am							
	6:30am							
	8:00am	YOGA SET UP			YOGA SET UP	ZUMBA LISA 8-9am	BODYPUMP SET UP	
	8:30am	YOGA BARBARA 8:30-10am			YOGA BARBARA 8:30-10am		BODYPUMP TONYA 9-10am	
	9:00am		PILATES CONNIE 9-10am	SCULPT LISA 9-10am				
	9:30am							
	10:00am							
	10:30am	SILVER SNEAKERS LAUREL 10:30-11:30am		SILVER SNEAKERS LAUREL 10:30-11:30am		SILVER SNEAKRES LAUREL 10:30-11:30am	ZUMBA 10:30-11:30am	
	11:00am		FUNCTIONAL FITNESS CLAUDIA 11am-Noon		FUNCTIONAL FITNESS CLAUDIA 11am-Noon			
	11:30am							
	12:00pm							
	3:00pm	BALLERINAS			BALLERINAS			TABLE TENNIS 3-6pm
	4:00pm							
	5:00pm	BODYPUMP SET UP		BODYUPMP SET UP		TABLE TENNIS 4-7pm		
	5:30pm	BODYPUMP TONYA 5:30-6:30pm	ZUMBA CARLEE 5:30-6:30pm	BODYPUMP TONYA 5:30-6:30pm	ZUMBA CARLEE 5:30-6:30pm			
	6:30pm							
Yoga Studio	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
POOL IS RESERVED FOR PT M-F 10:30AM-11:30AM								
Pool	Time	Monday	Tuesday	Wednesday	Thursday	Friday		
	9:00am	AQUACISE LESLIE 9-10am		AQUACISE LESLIE 9-10am		AQUACISE LESLIE 9-10am		
	10:00am							
	11:30am				POOL CLEANING 1 HR			
5:30pm								
Spin	Time	Monday	Tuesday	Wednesday	Thursday	Friday		
	5:00am		SPIN CHRIS		SPIN CHRIS			
	6:00am							
	6:30pm	SPIN PHOENIX		SPIN PHOENIX				
7:30pm								