



Group Exercise Class Schedule

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

| | Time | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|-----------------------|--------------------------------------|--------------------------------------|--------------------------------------|--------------------------------------|--------------------------------------|-----------------------|--------------------|
| | Group Exercise Studio | 5:30am | | | | | | |
| 7:00am | | | | | | | | |
| 8:00am | | YOGA SET UP | | | YOGA SET UP | ZUMBA LISA 8-9am | | |
| 8:30am | | YOGA BARBARA 8:30-10am | | | YOGA BARBARA 8:30-10am | | BODYPUMP SET UP | |
| 9:00am | | | PILATES CONNIE 9-10am | SCULPT LISA 9-10am | | | BODYPUMP TONYA 9-10am | |
| 9:30am | | | | | | | | |
| 10:00am | | | | | | | | |
| 10:30am | | SILVER SNEAKERS LAUREL 10:30-11:30am | | SILVER SNEAKERS LAUREL 10:30-11:30am | | SILVER SNEAKERS 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 | |
| | | | STRENGTH REHAB 7:30-8:30AM LAURA | | STRENGTH REHAB 7:30-8:30AM LAURA | | | |
| | | | | | | | | |
| 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 | | MATT | | MATT | | | |
| | 6:00am | | 5am | | 5am | | | |
| | 6:30pm | | | | | | | |
| | 7:30pm | | | | | | | |