



Group Exercise Class Schedule

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

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Group Exercise Studio	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
	8:00am	YOGA SET UP	ZUMBA w/KIT 45 min.		YOGA SET UP	ZUMBA			
	8:30am	YOGA BARBARA 8:30-10am			YOGA BARBARA 8:30-10am	LISA 8-9am	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			
	11:00am		FUNCTIONAL FITNESS CLAUDIA 12pm-1pm		FUNCTIONAL FITNESS CLAUDIA 12pm-1pm				
	11:30am								
	12:00pm								
	3:00pm					RESERVED			
	4:00pm							TABLE TENNIS 3-6pm	
	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				
		ROOM RESERVED 7-8:30pm	ROOM RESERVED 7-8:30pm						
7:00pm									
Yoga Studio	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
	7:30am		STRENGTH REHAB 7:30-8:30AM LAURA		STRENGTH REHAB 7:30-8:30AM LAURA	STRENGTH REHAB 7:30-8:30AM LAURA			
	9:00am				ZUMBA KIT 9am				
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								
	6:30pm								