



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							
	8:00am	YOGA SET UP	ZUMBA 45 min.		YOGA SET UP	ZUMBA LISA 8-9am	Changing Geers SET UP		
	8:30am	YOGA BARBARA 8:30-10am	PILATES CONNIE 9-10am	SCULPT LISA 9-10am	YOGA BARBARA 8:30-10am		Changing Geers TONYA 9-10am		
	9:00am								
	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								
	11:30am								
	12:00pm								
	3:00pm								
	4:00pm					TABLE TENNIS 4-7pm	TABLE TENNIS 3-6pm		
	5:00pm	Changing Geers SET UP		Changing Geers SET UP					
	5:30pm	Changing Geers TONYA 5:30-6:30pm	ZUMBA CARLEE 5:30-6:30pm	Changing Geers TONYA 5:30-6:30pm	ZUMBA CARLEE 5:30-6:30pm				
	7:00pm								
Yoga Studio									
	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
	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 Carlee 9am				
POOL IS RESERVED FOR PT M-F 10:30AM-11:30AM									
Pool									
	Time	Monday	Tuesday	Wednesday	Thursday	Friday			
	8:00am	AQUACISE LESLIE 8am & 9am		AQUACISE LESLIE 8am & 9am		AQUACISE LESLIE 8am & 9am			
	9:00am								
	10:00am				POOL CLEANING 1 HR				
	5:30pm								
Spin									
	Time	Monday	Tuesday	Wednesday	Thursday	Friday			
	5:00am								
	6:00am								
	6:30pm								