

# group exercise INCLUDED IN MEMBERSHIP

JUNE 28 - 30



## STRENGTH & TONING

MON	TUES	WED	THURS	FRI	SAT	SUN
BODYPUMP 5:45 - 6:30am Amber (G2)		BODYPUMP 5:45 - 6:30am Sandy (G2)				
BODYPUMP 9:00 - 9:45am Lauren S (G2)		BODYPUMP 9:00 - 9:45am Tammy (G2)				
		SS CLASSIC 11:00-11:45am Margaret (Y1)				
	BODYPUMP 12:00-12:45pm Katya (G2)					
	BODYPUMP 4:45 - 5:45 pm Alyssa (G2)	BODYPUMP 5:45 - 6:45 pm Lauren W (G2)				
BODYPUMP 7:00 - 8:00pm Katya (G2)		KICKBOXING 7:00 - 8:00pm Chilly (outside)				

## CYCLING

MON	TUES	WED	THURS	FRI	SAT	SUN
	RPM 5:45 - 6:30am Kerri (C2)	RPM 5:45 - 6:30am Michelle (C2)				
	GROUP CYCLING 9:00 - 9:45am Lauren S (C2)					
RPM 12:00-12:45pm Alyssa (C2)		GROUP CYCLING 12:00-12:45pm Lauren S (C2)				
RPM 5:30 - 6:30pm Karen (C2)	RPM 5:30 - 6:15pm Yvonne (outside)	RPM 5:30 - 6:30pm Karen (C2)				

## FITNESS CLASS LOCATIONS



Y1 = Yoga Room (1st Floor)



G2 = Large Group Exercise Room (2nd Floor)



C2 = Cycling Room (2nd Floor)

## STEP OR DANCE FITNESS

MON	TUES	WED	THURS	FRI	SAT	SUN
ZUMBA 10:15 - 11:15am Brittany (G2)						
	FAMILY ZUMBA 4:30 - 5:00pm Tiffany (Y1)					
ZUMBA 5:45 - 6:45pm Andy (outside)	ZUMBA 6:30 - 7:30pm Corey (G2)					

## YOGA

MON	TUES	WED	THURS	FRI	SAT	SUN
GENTLE YOGA 10:00 - 11:00am Heather (Y1)		GENTLE YOGA 10:00 - 11:00am Yvonne (Y1)				
YOGA FLOW 12:00-12:45pm Tamara (outside)	YOGA FLOW 12:00pm Yvonne (outside)					
		SPORT YOGA 1:00-1:45 pm Chris (outside)				
	YOGA FLOW 6:00-7:00 pm Tara (outside)	YOGA FLOW 6:00-7:00 pm Tara (Y1)				