

group exercise

INCLUDED IN MEMBERSHIP.

AUGUST 3 - 9

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
FULL BODY 5:45 - 6:30AM Instructor: Sandy Location: Indoor G2	CYCLING 5:45 - 6:30AM Instructor: Kerri Location: Door #19	ZUMBA 5:45 - 6:30AM Instructor: Lexy Location: Indoor G2	CYCLING 5:45 - 6:30AM Instructor: Julie Location: Door #19			
SENIOR SPLASH 8:00 - 8:45AM Instructor: Hyley Location: Pool	CYCLING 8:45 - 9:30AM Instructor: Lauren Location: Door #19	SENIOR SPLASH 8:00 - 8:45AM Instructor: Sue Location: Pool	ZUMBA 5:45 - 6:30AM Instructor: Lexy Location: Indoor G2	SENIOR SPLASH 8:00 - 8:45AM Instructor: Sue Location: Pool	WATER AEROBICS 8:30 - 9:10AM Instructor: Sue Location: Pool	
ZUMBA 8:45 - 9:30AM Instructor: Brittany Location: Outdoor	STEP FUSION 8:45 - 9:30AM Instructor: Tammy Location: Indoor G2	ZUMBA 8:45 - 9:30AM Instructor: Brittany Location: Outdoor	CYCLING 8:45 - 9:30AM Instructor: Lauren Location: Door #19	ZUMBA 8:45 - 9:30AM Instructor: Andy Location: Outdoor	CYCLING 8:30 - 9:30AM Instructor: Karen Location: Door #19	
SENIOR SPLASH 9:00 - 9:45AM Instructor: Hyley Location: Pool	GENTLE YOGA 10:00 - 10:45AM Instructor: Steph Location: Outdoor		STEP FUSION 8:45 - 9:30AM Instructor: Tammy Location: Indoor G2	SENIOR SPLASH 9:00 - 9:45AM Instructor: Hyley Location: Pool	PUMP IT (bring weights & mat) 9:45 - 10:30AM Instructor: Alyssa Location: Outdoor	ZUMBA 9:15 - 10:00AM Instructor: Brittany Location: Outdoor
GENTLE YOGA 10:00 - 11:00AM Instructor: Kerri Location: Outdoor		YOGA FLOW 11:00 - 12:00PM Instructor: Steph Location: Outdoor	CHAIR YOGA 10:00 - 10:45AM Instructor: Roopa Location: Outdoor	CYCLING 9:45 - 10:30AM Instructor: Yvonne Location: Door #19	ZUMBA 10:45 - 11:30AM Instructor: Corey Location: Outdoor	CYCLING 10:15 - 11:00AM Instructor: Michelle Location: Door #19
CYCLING 12:15 - 1:00PM Instructor: Alyssa Location: Door #19		SPORT YOGA 1:00 - 1:45PM Instructor: Chris Location: Outdoor	GENTLE YOGA 10:00 - 11:00AM Instructor: Kerri Location: Outdoor	GENTLE YOGA 10:00 - 11:00AM Instructor: Tara Location: Outdoor		
	WATER AEROBICS 1:00 - 1:45PM Instructor: Erin Location: Pool		CYCLING 12:15 - 1:00PM Instructor: Tammy Location: Door #19			
			WATER AEROBICS 1:00 - 1:45PM Instructor: Sue Location: Pool			
CYCLING 5:30 - 6:15PM Instructor: Naomi Location: Door #19	PUMP IT (bring weights & mat) 6:00 - 7:00PM Instructor: Yvonne Location: Outdoor	CYCLING 5:30 - 6:15PM Instructor: Karen Location: Door #19	PUMP IT (bring weights & mat) 6:00 - 7:00PM Instructor: Sandy Location: Outdoor			
ZUMBA 6:30 - 7:15PM Instructor: Andy Location: Outdoor	YOGA FLOW 6:00 - 7:00PM Instructor: Tara Location: Outdoor	ZUMBA 6:30 - 7:15PM Instructor: Corey Location: Outdoor	YOGA FLOW 6:00 - 7:00PM Instructor: Heather Location: Outdoor			