

# group exercise

## INCLUDED IN MEMBERSHIP. JULY 20 - 26

| MONDAY  | TUESDAY   | WEDNESDAY   | THURSDAY  | FRIDAY   | SATURDAY   | SUNDAY  |
|---|---|---|---|--|--|---|
|   | <b>CYCLING</b><br>5:45 - 6:30AM<br>Instructor: Julie<br>Location: Door #19                          | <b>FULL BODY</b><br>5:45 - 6:30AM<br>Instructor: Sandy<br>Location: Indoor G2   | <b>CYCLING</b><br>5:45 - 6:30AM<br>Instructor: Kerri<br>Location: Door #19                      |  |  |   |
| <b>SENIOR SPLASH</b><br>8:00 - 8:45AM<br>Instructor: Hyley<br>Location: Pool    | <b>CYCLING</b><br>8:45 - 9:30AM<br>Instructor: Lauren<br>Location: Door #19                         | <b>SENIOR SPLASH</b><br>8:00 - 8:45AM<br>Instructor: Sue<br>Location: Pool      | <b>ZUMBA</b><br>5:45 - 6:30AM<br>Instructor: Lexy<br>Location: Indoor G2                        | <b>SENIOR SPLASH</b><br>8:00 - 8:45AM<br>Instructor: Sue<br>Location: Pool   | <b>WATER AEROBICS</b><br>8:30 - 9:10AM<br>Instructor: Sue<br>Location: Pool    |   |
| <b>ZUMBA</b><br>8:45 - 9:30AM<br>Instructor: Brittany<br>Location: Outdoor      | <b>STEP</b><br>8:45 - 9:30AM<br>Instructor: Tammy<br>Location: Indoor G2                            | <b>ZUMBA</b><br>8:45 - 9:30AM<br>Instructor: Brittany<br>Location: Outdoor      | <b>CYCLING</b><br>8:45 - 9:30AM<br>Instructor: Lauren<br>Location: Door #19                     | <b>ZUMBA</b><br>8:45 - 9:30AM<br>Instructor: Andy<br>Location: Outdoor       | <b>PUMP IT</b><br>(bring weights & mat)<br>8:30 - 9:15AM<br>Instructor: Alyssa |   |
| <b>SENIOR SPLASH</b><br>9:00 - 9:45AM<br>Instructor: Hyley<br>Location: Pool    |   | <b>GENTLE YOGA</b><br>10:00 - 11:00AM<br>Instructor: Diane<br>Location: Outdoor | <b>STEP</b><br>8:45 - 9:30AM<br>Instructor: Tammy<br>Location: Indoor G2                        | <b>SENIOR SPLASH</b><br>9:00 - 9:45AM<br>Instructor: Hyley<br>Location: Pool | <b>ZUMBA</b><br>9:30 - 10:15AM<br>Instructor: Brittany<br>Location: Outdoor    | <b>ZUMBA</b><br>9:15 - 10:00AM<br>Instructor: Lexy<br>Location: Outdoor         |
| <b>GENTLE YOGA</b><br>10:00 - 11:00AM<br>Instructor: Kerri<br>Location: Outdoor |   |   | <b>CHAIR YOGA</b><br>(bring chair)<br>10:00 - 10:45AM<br>Instructor: Roopa<br>Location: Outdoor | <b>CYCLING</b><br>9:45 - 10:30AM<br>Instructor: Yvonne<br>Location: Door #19 |  | <b>FULL BODY</b><br>10:15 - 11:00AM<br>Instructor: Sandy<br>Location: Outdoor   |
| <b>CYCLING</b><br>12:15 - 1:00PM<br>Instructor: Tammy<br>Location: Door #19     | <b>YOGA FLOW</b><br>12:00 - 1:00PM<br>Instructor: Steph<br>Location: Outdoor                        | <b>SPORT YOGA</b><br>1:00 - 1:45PM<br>Instructor: Chris<br>Location: Outdoor    | <b>CYCLING</b><br>12:15 - 1:00PM<br>Instructor: Chris<br>Location: Door #19                     | <b>YOGA FLOW</b><br>12:00 - 1:00PM<br>Instructor: Tara<br>Location: Outdoor  |  | <b>CYCLING</b><br>11:15 - 12:00PM<br>Instructor: Michelle<br>Location: Door #19 |
|   | <b>WATER AEROBICS</b><br>1:00 - 1:45PM<br>Instructor: Erin<br>Location: Pool                        |   | <b>WATER AEROBICS</b><br>1:00 - 1:45PM<br>Instructor: Sue<br>Location: Pool                     |  |  |   |
| <b>CYCLING</b><br>5:30 - 6:15PM<br>Instructor: Karen<br>Location: Door #19      | <b>YOGA FLOW</b><br>4:30 - 5:30PM<br>Instructor: Katherine<br>Location: Outdoor                     | <b>HIIT</b><br>6:00 - 6:45PM<br>Instructor: Katya<br>Location: Outdoor          |   |  |  |   |
| <b>YOGA FLOW</b><br>6:00 - 7:00PM<br>Instructor: Tara<br>Location: Outdoor      | <b>PUMP IT</b><br>(bring weights & mat)<br>6:00 - 6:45PM<br>Instructor: Yvonne<br>Location: Outdoor | <b>YOGA FLOW</b><br>6:00 - 7:00PM<br>Instructor: Tara<br>Location: Outdoor      | <b>CYCLING</b><br>5:30 - 6:15PM<br>Instructor: Naomi<br>Location: Door #19                      |  |  |   |
| <b>ZUMBA</b><br>6:30 - 7:15PM<br>Instructor: Andy<br>Location: Outdoor          |   | <b>ZUMBA</b><br>6:30 - 7:15PM<br>Instructor: Corey<br>Location: Outdoor         | <b>HIIT</b><br>6:30 - 7:15PM<br>Instructor: Katya<br>Location: Outdoor                          |  |  |   |



Thank You - FOR DOING YOUR PART TO MAINTAIN THE SAFE USE OF OUR FACILITY.

**YOUR ACTIONS MATTER. WE ARE IN THIS TOGETHER.**