

group exercise

INCLUDED IN MEMBERSHIP. JULY 13 - 19

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
YOGA FLOW 5:40 - 6:15AM Instructor: Alissa Location: Outdoor	CYCLING 5:45 - 6:30AM Instructor: Kerri Location: Door #19	YOGA FLOW 5:40 - 6:15AM Instructor: Alissa Location: Outdoor	CYCLING 5:45 - 6:30AM Instructor: Julie Location: Door #19			
	ZUMBA 5:45 - 6:30AM Instructor: Brittany Location: Indoor G2	FULL BODY 5:45 - 6:30AM Instructor: Sandy Location: Indoor G2				
SENIOR SPLASH 8:00 - 8:45AM Instructor: Sue Location: Pool	CYCLING 8:45 - 9:30AM Instructor: Lauren Location: Door #19	SENIOR SPLASH 8:00 - 8:45AM Instructor: Sue Location: Pool	CYCLING 8:45 - 9:30AM Instructor: Yvonne Location: Door #19	SENIOR SPLASH 8:00 - 8:45AM Instructor: Hyley Location: Pool		
ZUMBA 8:45 - 9:30AM Instructor: Brittany Location: Outdoor	STEP 8:45 - 9:30AM Instructor: Tammy Location: Indoor G2	ZUMBA 8:45 - 9:30AM Instructor: Brittany Location: Outdoor	STEP 8:45 - 9:30AM Instructor: Tammy Location: Indoor G2	CYCLING 8:45 - 9:30AM Instructor: Lauren Location: Door #19	WATER AEROBICS 8:30 - 9:10AM Instructor: Sue Location: Pool	ZUMBA 9:15 - 10:00AM Instructor: Brittany Location: Outdoor
SENIOR SPLASH 9:00 - 9:45AM Instructor: Hyley Location: Pool		GENTLE YOGA 10:00 - 11:00AM Instructor: Heather Location: Outdoor	CHAIR YOGA (bring chair) 10:00 - 10:45AM Instructor: Roopa Location: Outdoor	SENIOR SPLASH 9:00 - 9:45AM Instructor: Hyley Location: Pool	CYCLING 8:30 - 9:30AM Instructor: Karen Location: Door #19	PUMP IT (bring weights & mat) 10:15 - 11:00AM Instructor: Yvonne Location: Outdoor
GENTLE YOGA 10:00 - 11:00AM Instructor: Diane Location: Outdoor	YOGA FLOW 12:00 - 1:00PM Instructor: Steph Location: Outdoor	CYCLING 12:15 - 1:00PM Instructor: Tammy Location: Door #19	YOGA FLOW 12:00 - 1:00PM Instructor: Kerri Location: Outdoor	ZUMBA 9:45 - 10:30AM Instructor: Andy Location: Outdoor	HIIT 9:45 - 10:30AM Instructor: Katya Location: Outdoor	GENTLE YOGA 11:15 - 12:15PM Instructor: Roopa Location: Outdoor
CYCLING 12:15 - 1:00PM Instructor: Alyssa Location: Door #19	WATER AEROBICS 1:00 - 1:45PM Instructor: Erin Location: Pool	SPORT YOGA 1:00 - 1:45PM Instructor: Chris Location: Outdoor	WATER AEROBICS 1:00 - 1:45PM Instructor: Sue Location: Pool	YOGA FLOW 12:00 - 1:00PM Instructor: Tara Location: Outdoor		
CYCLING 5:30 - 6:15PM Instructor: Naomi Location: Door #19		CYCLING 5:30 - 6:15PM Instructor: Karen Location: Door #19				
YOGA FLOW 6:00 - 7:00PM Instructor: Tara Location: Door #19	PUMP IT (bring weights & mat) 6:00 - 6:45PM Instructor: Yvonne Location: Outdoor	YOGA FLOW 6:00 - 7:00PM Instructor: Tara Location: Outdoor	HIIT 6:00 - 6:45PM Instructor: Katya Location: Outdoor			
ZUMBA 6:30 - 7:15PM Instructor: Andy Location: Outdoor		ZUMBA 6:30 - 7:15PM Instructor: Corey Location: Outdoor				



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

YOUR ACTIONS MATTER. WE ARE IN THIS TOGETHER.