

# group exercise

## INCLUDED IN MEMBERSHIP. JULY 27 - AUG 2

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