

# group exercise

## INCLUDED IN MEMBERSHIP. SEPTEMBER 21-27

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>BODYPUMP</b> (LIMIT 10) 5:45 - 6:30AM Instructor: Sandy Location: <i>Indoor G2</i>	<b>CYCLING</b> 5:45 - 6:30AM Instructor: Kerri Location: Outdoor	<b>BODYPUMP</b> (LIMIT 10) 5:45 - 6:30AM Instructor: Lauren W. Location: <i>Indoor G2</i>	<b>CYCLING</b> 5:45 - 6:30AM Instructor: Julie Location: Outdoor	<b>BODYPUMP</b> (LIMIT 10) 5:45 - 6:30AM Instructor: Sandy Location: <i>Indoor G2</i>		
<b>SENIOR SPLASH</b> 8:00 - 8:45AM Instructor: Hyley Location: <i>Pool</i>	<b>ZUMBA</b> 5:45 - 6:30AM Instructor: Lexy Location: <i>Indoor G2</i>	<b>SENIOR SPLASH</b> 8:00 - 8:45AM Instructor: Sue Location: <i>Pool</i>	<b>ZUMBA</b> 5:45 - 6:30AM Instructor: Lexy Location: <i>Indoor G2</i>	<b>SENIOR SPLASH</b> 8:00 - 8:45AM Instructor: Sue Location: <i>Pool</i>	<b>WATER AEROBICS</b> 8:30 - 9:10AM Instructor: Sue Location: <i>Pool</i>	
<b>SENIOR SPLASH</b> 9:00 - 9:45AM Instructor: Hyley Location: <i>Pool</i>	<b>STEP FUSION</b> 9:00 - 9:45AM Instructor: Tammy Location: <i>Indoor G2</i>	<b>SENIOR SPLASH</b> 9:00 - 9:45AM Instructor: Sue Location: <i>Pool</i>	<b>CYCLING</b> 9:00 - 9:45AM Instructor: Yvonne Location: Outdoor	<b>SENIOR SPLASH</b> 9:00 - 9:45AM Instructor: Hyley Location: <i>Pool</i>	<b>CYCLING</b> 8:30 - 9:30AM Instructor: Karen Location: Outdoor	
<b>ZUMBA</b> 9:00 - 10:00AM Instructor: Brittany Location: Outdoor	<b>CYCLING</b> 9:00 - 9:45AM Instructor: Lauren S. Location: Outdoor	<b>BODYPUMP</b> (LIMIT 10) 9:00 - 10:00AM Instructor: Lauren S. Location: <i>Indoor G2</i>	<b>CHAIR YOGA</b> (bring chair) 10:00 - 10:45AM Instructor: Brenda Location: Outdoor	<b>CYCLING</b> 9:00 - 9:45AM Instructor: Lauren S. Location: Outdoor	<b>ZUMBA</b> 8:30 - 9:30AM Instructor: Corey Location: Outdoor	<b>ZUMBA</b> 9:15 - 10:15AM Instructor: Brittany Location: Outdoor
<b>BODYPUMP</b> (LIMIT 10) 9:00 - 10:00AM Instructor: Amber Location: <i>Indoor G2</i>		<b>ZUMBA</b> 9:00 - 10:00AM Instructor: Brittany Location: Outdoor	<b>YOGA FLOW</b> 12:00 - 1:00PM Instructor: Steph Location: Outdoor	<b>ZUMBA</b> 9:00 - 10:00AM Instructor: Andy Location: Outdoor	<b>BODYPUMP</b> (bring weights & mat) 9:45 - 10:45AM Instructor: Katya Location: <i>Indoor G2</i>	<b>CYCLING</b> 10:30 - 11:15AM Instructor: Yvonne Location: Outdoor
<b>GENTLE YOGA</b> 10:00 - 11:00AM Instructor: Kerri Location: Outdoor	<b>BODYPUMP</b> (LIMIT 10) 12:15 - 1:00PM Instructor: Alyssa Location: <i>Indoor G2</i>	<b>GENTLE YOGA</b> 10:00 - 11:00AM Instructor: Steph Location: Outdoor	<b>CYCLING</b> 12:15 - 1:00PM Instructor: Tammy Location: Outdoor	<b>BODYPUMP</b> (LIMIT 10) 10:00 - 11:00AM Instructor: Naomi Location: <i>Indoor G2</i>		<b>YOGA FLOW</b> 11:45 - 12:45PM Instructor: Tara Location: Outdoor
<b>CYCLING</b> 12:15 - 1:00PM Instructor: Alyssa Location: Outdoor	<b>WATER AEROBICS</b> 1:00 - 1:45PM Instructor: Erin Location: <i>Pool</i>	<b>SPORT YOGA</b> 1:00 - 1:45PM Instructor: Chris Location: Outdoor	<b>WATER AEROBICS</b> 1:00 - 1:45PM Instructor: Sue Location: <i>Pool</i>	<b>GENTLE YOGA</b> 10:00 - 11:00AM Instructor: Heather Location: Outdoor		
		<b>CYCLING</b> 5:30 - 6:15PM Instructor: Karen Location: Outdoor				
<b>CYCLING</b> 5:30 - 6:15PM Instructor: Shelly Location: Outdoor		<b>YOGA FLOW</b> 6:00 - 7:00PM Instructor: Tara Location: Outdoor	<b>YOGA FLOW</b> 6:00 - 7:00PM Instructor: Tara Location: Outdoor			
<b>ZUMBA</b> 6:45 - 7:30PM Instructor: Corey Location: Outdoor	<b>PUMP IT</b> (bring weights & mat) 6:00 - 7:00PM Instructor: Yvonne Location: Outdoor	<b>ZUMBA</b> 6:30 - 7:30PM Instructor: Corey Location: Outdoor	<b>PUMP IT</b> (bring weights & mat) 6:15 - 7:15PM Instructor: Katya Location: Outdoor			



Thank You - FOR DOING YOUR PART TO MAINTAIN THE SAFE USE OF OUR FACILITY.  
**YOUR ACTIONS MATTER. WE ARE IN THIS TOGETHER.**