

group exercise

INCLUDED IN MEMBERSHIP. **SEPT 28 – OCT 4**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BODYPUMP (LIMIT 10) 5:45 - 6:30AM Instructor: Lauren W. Location: <i>Indoor G2</i>	CYCLING 5:45 - 6:30AM Instructor: Kerri Location: Outdoor	BODYPUMP (LIMIT 10) 5:45 - 6:30AM Instructor: Sandy Location: <i>Indoor G2</i>	CYCLING 5:45 - 6:30AM Instructor: Julie Location: Outdoor	BODYPUMP (LIMIT 10) 5:45 - 6:30AM Instructor: Lauren W. Location: <i>Indoor G2</i>		
SENIOR SPLASH 8:00 - 8:45AM Instructor: Hyley Location: <i>Pool</i>	ZUMBA 5:45 - 6:30AM Instructor: Lexy Location: <i>Indoor G2</i>	SENIOR SPLASH 8:00 - 8:45AM Instructor: Sue Location: <i>Pool</i>	ZUMBA 5:45 - 6:30AM Instructor: Lexy Location: <i>Indoor G2</i>	SENIOR SPLASH 8:00 - 8:45AM Instructor: Sue Location: <i>Pool</i>	WATER AEROBICS 8:30 - 9:10AM Instructor: Sue Location: <i>Pool</i>	
SENIOR SPLASH 9:00 - 9:45AM Instructor: Hyley Location: <i>Pool</i>	STEP FUSION 9:00 - 9:45AM Instructor: Tammy Location: <i>Indoor G2</i>	SENIOR SPLASH 9:00 - 9:45AM Instructor: Sue Location: <i>Pool</i>	CYCLING 9:00 - 9:45AM Instructor: Yvonne Location: Outdoor	SENIOR SPLASH 9:00 - 9:45AM Instructor: Sue Location: <i>Pool</i>	CYCLING 8:30 - 9:30AM Instructor: Karen Location: Outdoor	
ZUMBA 9:00 - 10:00AM Instructor: Brittany Location: Outdoor	CYCLING 9:00 - 9:45AM Instructor: Lauren S. Location: Outdoor	BODYPUMP (LIMIT 10) 9:00 - 10:00AM Instructor: Amber Location: <i>Indoor G2</i>	CHAIR YOGA (bring chair) 10:00 - 10:45AM Instructor: Brenda Location: Outdoor	CYCLING 9:00 - 9:45AM Instructor: Lauren S. Location: Outdoor	ZUMBA 8:30 - 9:30AM Instructor: Corey Location: Outdoor	ZUMBA 9:15 - 10:15AM Instructor: Brittany Location: Outdoor
BODYPUMP (LIMIT 10) 9:00 - 10:00AM Instructor: Naomi Location: <i>Indoor G2</i>	YOGA FLOW 12:00 - 1:00PM Instructor: Katie K. Location: Outdoor	ZUMBA 9:00 - 10:00AM Instructor: Brittany Location: Outdoor	YOGA FLOW 12:00 - 1:00PM Instructor: Steph Location: Outdoor	ZUMBA 9:00 - 10:00AM Instructor: Andy Location: Outdoor	BODYPUMP (LIMIT 10) 9:45 - 10:45AM Instructor: Alyssa Location: <i>Indoor G2</i>	CYCLING 10:30 - 11:15AM Instructor: Michelle Location: Outdoor
GENTLE YOGA 10:00 - 11:00AM Instructor: Katie K. Location: Outdoor	BODYPUMP (LIMIT 10) 12:15 - 1:00PM Instructor: Katya Location: <i>Indoor G2</i>	GENTLE YOGA 10:00 - 11:00AM Instructor: Steph Location: Outdoor	CYCLING 12:15 - 1:00PM Instructor: Chris Location: Outdoor	BODYPUMP (LIMIT 10) 9:00 - 10:00AM Instructor: Tammy Location: <i>Indoor G2</i>		PUMP IT (bring weights & mat) 11:30 - 12:30PM Instructor: Yvonne Location: Outdoor
CYCLING 12:15 - 1:00PM Instructor: Tammy Location: Outdoor	WATER AEROBICS 1:00 - 1:45PM Instructor: Erin Location: <i>Pool</i>	SPORT YOGA 1:00 - 1:45PM Instructor: Chris Location: Outdoor	WATER AEROBICS 1:00 - 1:45PM Instructor: Sue Location: <i>Pool</i>	GENTLE YOGA 10:15 - 11:15AM Instructor: Kerri Location: Outdoor		YOGA FLOW 11:45 - 12:45PM Instructor: Tara Location: Outdoor
YOGA FLOW 4:30 - 5:30PM Instructor: Heather Location: Outdoor	YOGA FLOW 4:30 - 5:30PM Instructor: Katherine Location: Outdoor	CYCLING 5:30 - 6:30PM Instructor: Karen Location: Outdoor				
CYCLING 5:30 - 6:15PM Instructor: Shelly Location: Outdoor		YOGA FLOW 6:00 - 7:00PM Instructor: Tara Location: Outdoor	YOGA FLOW 6:00 - 7:00PM Instructor: Tara Location: Outdoor			
ZUMBA 6:45 - 7:30PM Instructor: Corey Location: Outdoor	PUMP IT (bring weights & mat) 6:00 - 7:00PM Instructor: Yvonne Location: Outdoor	ZUMBA 6:30 - 7:30PM Instructor: Corey Location: Outdoor	BODYPUMP (LIMIT 10) 6:15 - 7:15PM Instructor: Katya Location: <i>Indoor G2</i>			



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