

# group exercise INCLUDED IN MEMBERSHIP

APRIL 12 - 18



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>BODYPUMP</b> 5:45 - 6:30AM Instructor: Sandy Location: G2	<b>ZUMBA</b> 5:45 - 6:30AM Instructor: Kaitlyn Location: G2	<b>BODYPUMP</b> 5:45 - 6:30AM Instructor: Sandy Location: G2	<b>YOGA FLOW</b> 5:45 - 6:30AM Instructor: Katherine Location: Y1	<b>BODYPUMP</b> 5:45 - 6:30AM Instructor: Katie D Location: G2		
	<b>RPM CYCLING</b> 5:45 - 6:30AM Instructor: Kerri Location: C2	<b>RPM CYCLING</b> 5:45 - 6:30AM Instructor: Michelle Location: C2	<b>ZUMBA</b> 9:00 - 10:00AM Instructor: Brittany Location: G2	<b>RPM CYCLING</b> 5:45 - 6:30AM Instructor: Julie Location: C2	<b>GENTLE YOGA</b> 8:00 - 9:00AM Instructor: Katie K Location: Y1	
<b>BODYPUMP</b> 9:00 - 9:45AM Instructor: Amber Location: G2	<b>ZUMBA</b> 9:00 - 10:00AM Instructor: Tiffany Location: G2	<b>BODYPUMP</b> 9:00 - 9:45AM Instructor: Amber Location: G2	<b>RPM CYCLING</b> 9:00 - 9:45AM Instructor: Chris Location: C2	<b>ZUMBA</b> 9:00 - 9:45AM Instructor: Andy Location: G2	<b>POWER CYCLING</b> 8:30 - 9:30AM Instructor: Karen Location: C2	
<b>GENTLE YOGA</b> 10:00 - 10:45AM Instructor: Heather Location: Y1	<b>CYCLING</b> 9:00 - 9:45AM Instructor: Lauren S Location: C2	<b>GENTLE YOGA</b> 10:00 - 10:45AM Instructor: Steph Location: Y1	<b>CHAIR YOGA</b> 10:00 - 10:45AM Instructor: Brenda Location: Y1	<b>CYCLING</b> 9:00 - 9:45AM Instructor: Lauren Location: C2	<b>ZUMBA</b> 8:30 - 9:30AM Instructor: Corey Location: G2	<b>ZUMBA</b> 9:15 - 10:15AM Instructor: Britany Location: G2
		<b>CYCLING</b> 12:00 - 12:45PM Instructor: Lauren Location: C2	<b>BODYPUMP</b> 12:00 - 12:45PM Instructor: Alyssa Location: G2	<b>GENTLE YOGA</b> 10:00 - 10:45AM Instructor: Kerri Location: Y1	<b>BODYPUMP</b> 10:00 - 11:00AM Instructor: Katya Location: G2	<b>BODYPUMP</b> 10:45 - 11:45AM Instructor: Sandy Location: G2
<b>RPM CYCLING</b> 12:00 - 12:45PM Instructor: Alyssa Location: C2	<b>BODYPUMP</b> 12:00 - 12:45PM Instructor: Katya Location: G2	<b>SPORT YOGA</b> 1:00 - 1:45PM Instructor: Chris Location: G2	<b>YOGA FLOW</b> 12:00 - 12:45PM Instructor: Steph Location: Y1	<b>BODYPUMP</b> 10:15 - 11:15AM Instructor: Riley Location: G2		<b>YOGA FLOW</b> 12:00 - 1:00PM Instructor: Tara Location: Y1
	<b>YOGA FLOW</b> 12:00 - 12:45PM Instructor: Tamara Location: Y1	<b>RPM CYCLING</b> 5:30 - 6:30PM Instructor: Karen Location: C2	<b>FAMILY ZUMBA</b> 4:30 - 5:00PM Instructor: Kaitlyn Location: Y1	<b>YOGA FLOW</b> 12:00 - 12:45PM Instructor: Tamara Location: Y1		
<b>RPM CYCLING</b> 5:30 - 6:30PM Instructor: Karen Location: C2	<b>BODYPUMP</b> 4:45 - 5:45PM Instructor: Alyssa Location: G2	<b>BODYPUMP</b> 5:30 - 6:30PM Instructor: Lauren W Location: G2	<b>BODYPUMP</b> 4:45 - 5:45PM Instructor: Riley Location: G2			
<b>ZUMBA</b> 5:30 - 6:30PM Instructor: Andy Location: G2	<b>CYCLING</b> 5:30 - 6:15PM Instructor: Shelly Location: C2	<b>YOGA FLOW</b> 6:00 - 7:00PM Instructor: Kerri Location: Y1	<b>YOGA FLOW</b> 6:00 - 7:00PM Instructor: Tara Location: Y1			
<b>BODYPUMP</b> 6:45 - 7:45PM Instructor: Katya Location: G2	<b>ZUMBA</b> 6:30 - 7:30PM Instructor: Corey Location: G2	<b>ZUMBA</b> 6:45 - 7:45PM Instructor: Brittany Location: G2	<b>BODYPUMP</b> 6:30 - 7:30PM Instructor: Lauren W Location: G2			



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

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