

*group exercise*

# INCLUDED IN MEMBERSHIP

**NOVEMBER 29 - DECEMBER 5**



**CHOICE**  
HEALTH & FITNESS

## STRENGTH & TONING

MON	TUES	WED	THURS	FRI	SAT	SUN
BODYPUMP 5:30 - 6:30am Sandy (G2)		BODYPUMP 5:30 - 6:30am Sandy (G2)		BODYPUMP 5:30 - 6:30am Sandy (G2)		
	SENIOR FUN & FIT 8:45 - 9:30am Brenda (G2)					
BODYPUMP 9:00 - 9:45am Tammy (G2)	SENIOR CIRCUIT 9:45 - 10:30am Brenda (G2)	BODYPUMP 9:00 - 9:45am Amber (G2)			BODYPUMP 10:00 am Alyssa (G2)	
		SS CLASSIC 11:00-11:45am Margaret (Y1)		BODYPUMP 10:15 am Amber (G2)		BODYPUMP 10:45 am Yvonne (G2)
	BODYPUMP 12:00-12:45pm Yvonne (G2)		BODYPUMP 12:00-12:45pm Alyssa (G2)			
	BODYPUMP 4:45 pm Alyssa (G2)		BODYPUMP 4:45 pm Katie D (G2)			
		BODYPUMP 5:45 pm Yvonne (G2)				
BODYPUMP 7:00 pm Katya (G2)			BODYPUMP 7:00 pm Katya (G2)			

## FITNESS CLASS LOCATIONS



Y1 = Yoga Room (1st Floor)



G2 = Large Group Exercise Room (2nd Floor)



C2 = Cycling Room (2nd Floor)

## STEP OR DANCE FITNESS

MON	TUES	WED	THURS	FRI	SAT	SUN
	ZUMBA 5:30 - 6:30am Corey (G2)		ZUMBA 5:30 - 6:30am Lexy (G2)			
					ZUMBA 8:30 am Jasmine (G2)	
ZUMBA 10:15 am Brittany (G2)			ZUMBA 9:00 am Tiffany (G2)	ZUMBA 9:00 am Andy (G2)		ZUMBA 9:15 am Corey (G2)
ZUMBA 5:45 pm Andy (G2)	ZUMBA 6:00 - 6:45pm Tiffany (G2)		ZUMBA 6:00 - 6:45pm Davina (G2)			

## CYCLING

MON	TUES	WED	THURS	FRI	SAT	SUN
	RPM 5:30 - 6:15am Kerri (C2)	RPM 5:30 - 6:15am Michelle (C2)		RPM 5:30 - 6:15am Julie (C2)		
					POWER CYCLING 8:30 - 9:30am Karen (C2)	
	GROUP CYCLING 9:00 - 9:45am Lauren (C2)		RPM 9:00 - 9:45am Tammy (C2)	GROUP CYCLING 9:00 - 9:45am Lauren (C2)		
						GROUP CYCLING 11:00 - 11:45am Michelle (C2)
RPM 12:00-12:45pm Alyssa (C2)		GROUP CYCLING 12:00-12:45pm Lauren (C2)				
RPM 5:30 pm Karen (C2)	RPM 5:30 - 6:15pm Yvonne (C2)	RPM 5:30 pm Karen (C2)				

## YOGA

MON	TUES	WED	THURS	FRI	SAT	SUN
					YOGA FLOW 8:00 am Tara (Y1)	
GENTLE YOGA 10:00 am Kerri (Y1)		GENTLE YOGA 10:00 am Lisa (Y1)	CHAIR YOGA 10:00 am Roopa (Y1)	GENTLE YOGA 10:00 am Kerri (Y1)		
YOGA FLOW 12:00 - 12:45pm Katherine (Y1)		YOGA FLOW 12:00 - 12:45pm Katherine (Y1)	YOGA FLOW 12:00 - 12:45pm Steph (Y1)	YOGA FLOW 12:00 - 12:45pm Steph (Y1)		YOGA FLOW 12:00pm Heather (Y1)
		SPORT YOGA 1:00 - 1:45PM Chris (G2)				
	ANIMAL FLOW 6:00 pm Jasmine (Y1)	YOGA FLOW 6:00 pm Tara (Y1)	ANIMAL FLOW 6:00 pm Jasmine (Y1)			