

GROUP FITNESS SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM	5:45-6:45 *Cycle Float In & Out KETTLEBELL PUMP 5:45-6:15	5:45-6:45 Cardio-Step-Sculpt Intervals	5:45-6:45 *Cycle Float In & Out KETTLEBELL PUMP 5:45-6:15	5:45-6:45 Cardio-Step-Sculpt Intervals	5:45-6:45 *Cycle Float In & Out KETTLEBELL PUMP 5:45-6:15	8:15-9:00 *Gentle Pilates
AM	9:00-10:00 Cardio-Step-Sculpt Intervals	8:30-9:00 *Beginning Pilates 9:00-10:00 Cycle 9:00-9:45 *Low Impact Aerobics	9:00-10:00 Cardio Kick-box	8:30-9:00 KETTLEBELL PUMP 9:00-10:00 Cycle 9:00-9:45 *Low Impact Aerobics	9:00-10:00 *ZUMBA	9:00-10:00 *Instructors Choice 9:00-10:00 Cycle
AM	10:00-11:00 *Senior Yoga	10:00-10:45 *Silver Sneakers Exercise Class	10:00-11:00 Yoga Flow	10:00-10:45 *Silver Sneakers Exercise Class	10:15-11:00 *Silver Sneakers Cardio Circuit	10:00-11:00 *Yoga Flow
AM	11:15-12:00 Line Dance			11:00-12:00 Tai Chi		11:00-12:00 Tai Chi
PM	12:15-1:00 Cardio-Step-Sculpt Intervals	12:15-12:45 KETTLEBELL PUMP	12:15-1:00 Cardio-Step-Sculpt Intervals	12:15-1:00 KETTLEBELL PUMP		TUESDAY/ THURSDAY 11:00-11:45 Aqua Fit
PM	4:30-5:30 H.E.A.T. High Energy Athletic Training	4:00-4:30 Total Abs 4:30-5:30 Cycle	4:30-5:30 KETTLEBELL PUMP	4:00-4:30 Total Abs 4:30-5:30 Cardio Kick-Box	4:30-5:30 KETTLEBELL PUMP	SUNDAY 1:15-2:15 Aqua Fit
PM	5:30-6:30 Step-Sculpt 5:30-6:00 *Cycle	5:30-6:30 Cardio Kick-box 6:30-7:00 *INTRO TO ZUMBA	5:30-6:30 *ZUMBA 5:30-6:00 *Cycle	5:30-6:15 Pilates 5:30-6:30 *Cycle & Abs	<p>SCHEDULE AND INSTRUCTORS ARE SUBJECT TO CHANGE WITHOUT NOTICE.</p> <p>IT IS RECOMMENDED TO CONSULT YOUR PHYSICIAN BEFORE STARTING AN EXERCISE PROGRAM.</p> <p>*Classes Suitable for Beginners</p> <p>SIGN UP at the front desk 30 minutes ahead of class time for Kettlebell Pump and Cycle classes.</p>	
PM	6:30-7:00 KETTLEBELL PUMP	6:30-7:00 *Cycle	6:30-7:30 Yoga Flow	6:30-7:00 KETTLEBELL PUMP		
PM	7:15-8:15 Yoga Flow	7:00-7:45 *Low Impact Aerobics		7:00-7:45 *Simple Step		