

Summer I SESSION - GROUP EXERCISE SCHEDULE
July 5th- August 1st

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30am							
6:00am							
6:30am							
7:00am							
7:30am							
8:00am							
8:30am							
9:00am							
9:30am	Tone n Sculpt 9-10	Zumba 9-10am	Low Impact Aerobics 9-10		Cardio Kickbox 9-10		Step & Sculpt 9-10
10:00am							
10:30am	Balance & Stability 10:30-11:15	WOW 10:30-11:30 (Fitness Ctr.)	Silver Sneakers 10:30-11:15	WOW 10:30-11:30 (Fitness Center)	Silver Sneakers 10:30-11:15		
11:00am						Zumba 10:30-11:30	
11:30am							
12:00pm		Alkido 12-1:30 (In GYM)	Alkido 12-1:30		Alkido 12-1:30		
12:30pm							
1:00pm							
1:30pm							
2:00pm							
2:30pm							
3:00pm							
3:30pm							
4:00pm	Fam Workout 4-5	Youth Fitness 4-5	50/50 Cardio Sculpt 4:15-5	Pilates II 4-5	Drums Alive 4-4:45		
4:30pm							
5:00pm	Zumba 5:15-6:15	Country Line Dance 5:00-5:45	PIYo 5-5:40		Low Impact Aerobics 5:15-6:00		
5:30pm			Step n Sculpt 5:45-6:30	WOW 5:30-6:30 Fit Ctr			
6:00pm	Win By Losing II 5:45-6:30	Salsa Aerobics 6-6:45	Youth Karate 6-7			Closed	Closed
6:30pm							
7:00pm	Yoga 6:30-7:30	Karate 7-9	Hip-Hop 6:30-7:30 Session II only				
7:30pm				Karate 7-9			
7:30pm	Cardio Kick-box 7:30-8:30		Bootcamp 7:30-8:30				
8:00pm							
8:30pm	Muscle Sculpting 8:30-9		Core Strength 8:30-9:00				
9:00pm	CLOSED	Closed	Closed	Closed			
9:30pm					Closed		
10:00pm							