



Group Exercise Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30-6:15am Get Strong Kelly D	9:00-10:00am Cycling Ann	6:00-6:45am Flow Yoga Tricia	9:00-10:00am Cycling Ann	8:30-9:15am Senior Aqua Fit Veronica	9:00-9:45am Interval Strength Kelly	
8:30-9:15am Senior Aqua Fit Veronica	9:00-10:00 Chair Yoga Lauren	6:00-6:45am Cycling Molly	10:15-11:00 Low Impact Aerobics Ann	9:00-10:00am JazzerGrind Cat	9:00am-9:45am Cycling Alternating	
9:30-10:15am Senior Aqua Fit Veronica	1:00-2:00 Parkinson's Disease Isaiah	8:30-9:15am Senior Aqua Fit Heather	10:30-11:00am Aqua Barre Heather	9:30-10:15am Senior Aqua Fit Veronica	10:00-10:45am Zumba Cat & Kelly D	
4:30-5:15pm Cardio Sculpt Kelly	5:30-6:15pm Cycling Melissa	9:00-10:00am Zumba Cat	11:30-12:30 Slow Flow Yoga Tricia			
5:30-6:30pm Zumba Cat	6:05-6:50pm Triple Threat Kelly D	9:00-10:00am Cycle & Tone Ann	5:30-6:15pm Power Pump Valentina			
5:30-6:15pm Cycling Alternating	6:00-6:30pm Aqua HIIT Julie	9:30-10:15am Deep End Aqua Fit Heather				
		10:30-11:30am Slow Flow Yoga Tricia				
		5:30-6:15pm Cycling Sarah				
		6:00-6:45pm Beginner Yoga Kristen				