



GROUP EXERCISE SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45AM	BOOTCAMP Sadie Studio	STRENGTH Oscar Studio	BOOTCAMP Sadie Studio	MAT PILATES Jeremiah Studio	BOOTCAMP Sadie Studio		
8AM	STRENGTH Eve Studio	BODY BLAST Sue Studio	FUNCTIONAL STRENGTH* Carrie Studio KADENCE Julie Spin Studio AQUA AEROBICS* Holly Rec Pool	CARDIO BARRE Jackie Studio	POWER YOGA Channon Studio AQUA AEROBICS* Baddoura Rec Pool	YINYASA YOGA Baddoura Studio	KADENCE Julie Spin Studio
9AM	AQUA AEROBICS* Jeremiah Rec Pool BODY BLAST Sue Studio KADENCE Kristy Spin Studio	AQUA AEROBICS* Holly Rec Pool CARDIO KICKBOXING Jackie Studio POWER KADENCE Kathy Spin Studio	AQUA AEROBICS* Zona Rec Pool STRENGTH Oscar Studio	AQUA AEROBICS* Holly Rec Pool MAT PILATES Eve Studio	AQUA AEROBICS* Eve Rec Pool KADENCE Leland Studio TONE UP Zona Studio	AQUA AEROBICS* Linda K. Rec. Pool (8:45 AM) WARRIOR Shayna Studio	CARDIO BARRE Jackie Studio
10AM	AQUA AEROBICS* Jeremiah Rec Pool POWER YOGA Channon Studio	AQUA AEROBICS* Linda K. Rec. Pool BODY FIT Tara Studio	AQUA AEROBICS* Carrie Rec Pool WELLNESS 3-IN-1* Sue Studio	AQUA AEROBICS* Linda K. Rec. Pool BODY FIT Tara Studio	AQUA AEROBICS* Carrie Rec Pool STRETCH/MOBILITY* Jackie Studio	BODY FIT Tara Studio	90 MIN YOGA Baddoura Studio
11:15AM	MAT PILATES Linda Studio	ZUMBA Evelyn Studio	YINYASA YOGA Baddoura Studio	ZUMBA GOLD* Holly Studio	FUNCTIONAL STRENGTH* Tina Studio	ZUMBA Rose Studio	MAT PILATES Tek Studio (11:30am)
12:15PM		CHAIR YOGA* Tek Studio		WELLNESS 3-IN-1* Sue Studio			
3PM	STRETCH/MOBILITY* Baddoura Studio						
4:15PM	TONE UP Zona Studio	MAT PILATES Linda Studio	CARDIO BARRE Baddoura Studio	YOGA Channon Studio	ZUMBA GOLD* Rose Studio		
5:30PM	VINYASA YOGA Nicole Studio KADENCE/CORE Holly Spin Studio ADULT SWIM Brent Lap Pool	ZUMBA Gina Studio KADENCE Jenn Spin Studio	MAT PILATES Pari Studio ADULT SWIM Brent Lap Pool	STRENGTH Oscar Studio KADENCE/CORE Holly Spin Studio	ZUMBA Chela Studio		
6:30PM	AQUA AEROBICS* Baddoura Rec. Pool		YINYASA YOGA Baddoura Studio	AQUA AEROBICS* Nicole M. Rec. Pool			

* = Class is designed for Active Aging Adults but all ages welcome.