



# GROUP EXERCISE SCHEDULE

|        | MONDAY                                                                                                                        | TUESDAY                                                                                                                       | WEDNESDAY                                                                                                                            | THURSDAY                                                                          | FRIDAY                                                                                                          | SATURDAY                                                                                        | SUNDAY                                                                   |
|--------|-------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------|
| 5:30AM | <b>BOOTCAMP</b><br>Sadie   Studio                                                                                             | <b>STRENGTH</b><br>Oscar   Studio                                                                                             | <b>BOOTCAMP</b><br>Sadie   Studio                                                                                                    | <b>MAT PILATES</b><br>Jeremiah   Studio<br><b>Kadence</b><br>Jen   Spin Studio    | <b>BOOTCAMP</b><br>Sadie   Studio                                                                               |                                                                                                 |                                                                          |
| 7AM    |                                                                                                                               |                                                                                                                               |                                                                                                                                      | <b>Tone Up</b><br>Jackie   Studio                                                 |                                                                                                                 |                                                                                                 |                                                                          |
| 8AM    | <b>STRENGTH</b><br>Eve   Studio                                                                                               | <b>MAT PILATES</b><br>Sue   Studio                                                                                            | <b>FUNCTIONAL STRENGTH*</b><br>Carrie   Studio<br><b>KADENCE</b><br>Julie   Spin Studio<br><b>AQUA AEROBICS*</b><br>Holly   Rec Pool | <b>CARDIO BARRE</b><br>Jackie   Studio                                            | <b>POWER YOGA</b><br>Channon   Studio<br><b>AQUA AEROBICS*</b><br>Baddoura   Rec Pool                           | <b>YINYASA YOGA</b><br>Baddoura   Studio                                                        | <b>KADENCE</b><br>Julie   Spin Studio<br><b>ZUMBA</b><br>Qarina   Studio |
| 9AM    | <b>AQUA AEROBICS*</b><br>Jeremiah   Rec Pool<br><b>BODY BLAST</b><br>Janet   Studio<br><b>KADENCE</b><br>Kristy   Spin Studio | <b>AQUA AEROBICS*</b><br>Holly   Rec Pool<br><b>BODY BLAST</b><br>Sue   Studio<br><b>POWER KADENCE</b><br>Kathy   Spin Studio | <b>AQUA AEROBICS*</b><br>Zona   Rec Pool<br><b>STRENGTH</b><br>Oscar   Studio                                                        | <b>AQUA AEROBICS*</b><br>Holly   Rec Pool<br><b>MAT PILATES</b><br>Eve   Studio   | <b>AQUA AEROBICS*</b><br>Eve   Rec Pool<br><b>KADENCE</b><br>Leland   Studio<br><b>TONE UP</b><br>Zona   Studio | <b>AQUA AEROBICS*</b><br>Linda K.   Rec. Pool<br>(8:45 AM)<br><b>WARRIOR</b><br>Shayna   Studio | <b>CARDIO BARRE</b><br>Tek   Studio                                      |
| 10AM   | <b>AQUA AEROBICS*</b><br>Jeremiah   Rec Pool<br><b>POWER YOGA</b><br>Channon   Studio                                         | <b>AQUA AEROBICS*</b><br>Linda K.   Rec. Pool<br><b>BODY FIT</b><br>Tara   Studio                                             | <b>AQUA AEROBICS*</b><br>Carrie   Rec Pool<br><b>WELLNESS 3-IN-1*</b><br>Sue   Studio                                                | <b>AQUA AEROBICS*</b><br>Linda K.   Rec. Pool<br><b>BODY FIT</b><br>Tara   Studio | <b>AQUA AEROBICS*</b><br>Carrie   Rec Pool<br><b>STRETCH/MOBILITY*</b><br>Jackie   Studio                       | <b>BODY FIT</b><br>Tara   Studio<br><b>WARRIOR REVOLUTION</b><br>Shayna   Kadence               | <b>90 MIN YOGA</b><br>Baddoura   Studio                                  |
| 11AM   | <b>AQUA AEROBICS*</b><br>Tina   Rec Pool<br><b>MAT PILATES</b><br>Linda   Studio                                              | <b>ZUMBA</b><br>Evelyn   Studio                                                                                               | <b>AQUA AEROBICS*</b><br>Lucy   Rec Pool<br><b>YINYASA YOGA</b><br>Baddoura   Studio                                                 | <b>ZUMBA GOLD*</b><br>Holly   Studio                                              | <b>FUNCTIONAL STRENGTH*</b><br>Tina   Studio                                                                    | <b>ZUMBA</b><br>Rose   Studio                                                                   | <b>MAT PILATES</b><br>Tek   Studio<br>(11:30am)                          |
| 12PM   | <b>CHAIR FIT*</b><br>Tina   Studio                                                                                            | <b>CHAIR YOGA*</b><br>Tek   Studio                                                                                            | <b>CHAIR FIT*</b><br>Jeremiah   Studio                                                                                               | <b>WELLNESS 3-IN-1*</b><br>Sue   Studio                                           | <b>GENTLE YOGA*</b><br>Tina   Studio                                                                            |                                                                                                 |                                                                          |
| 3:30PM | <b>STRETCH/MOBILITY*</b><br>Baddoura   Studio                                                                                 | <b>TONE UP</b><br>Zona   Studio                                                                                               | <b>ZUMBA GOLD*</b><br>Rose   Studio                                                                                                  | <b>HIIT</b><br>Lucy   Studio                                                      |                                                                                                                 |                                                                                                 |                                                                          |
| 4:30PM | <b>TONE UP</b><br>Zona   Studio                                                                                               | <b>MAT PILATES</b><br>Linda   Studio                                                                                          | <b>CARDIO BARRE</b><br>Baddoura   Studio                                                                                             | <b>YOGA</b><br>Channon   Studio                                                   | <b>WARRIOR</b><br>Shayna   Studio                                                                               |                                                                                                 |                                                                          |
| 5:30PM | <b>VINYASA YOGA</b><br>Nicole   Studio<br><b>KADENCE/CORE</b><br>Holly   Spin Studio<br><b>ADULT SWIM</b><br>Brent   Lap Pool | <b>ZUMBA</b><br>Rose   Studio<br><b>KADENCE</b><br>Jenn   Spin Studio                                                         | <b>MAT PILATES</b><br>Pari   Studio<br><b>ADULT SWIM</b><br>Brent   Lap Pool                                                         | <b>STRENGTH</b><br>Oscar   Studio<br><b>KADENCE/CORE</b><br>Holly   Spin Studio   | <b>ZUMBA</b><br>Chela   Studio                                                                                  |                                                                                                 |                                                                          |
| 6:30PM | <b>AQUA AEROBICS*</b><br>Baddoura   Rec. Pool                                                                                 | <b>YOGA FLOW</b><br>Stephanie   Studio                                                                                        | <b>YINYASA YOGA</b><br>Baddoura   Studio                                                                                             | <b>AQUA AEROBICS*</b><br>Nicole M.   Rec. Pool                                    | <b>WARRIOR KO</b><br>Janelle   Studio                                                                           |                                                                                                 |                                                                          |