



# GROUP EXERCISE SCHEDULE

|        | MONDAY                                                                                                                                    | TUESDAY                                                                                                                            | WEDNESDAY                                                                                                                                 | THURSDAY                                                                                                                            | FRIDAY                                                                                                                                        | SATURDAY                                                                                          | SUNDAY                                                                                  |
|--------|-------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------|
| 5:30AM | <b>BOOTCAMP</b><br>Sadie   Studio 1                                                                                                       | <b>STRENGTH</b><br>Oscar   Studio 1                                                                                                | <b>BOOTCAMP</b><br>Sadie   Studio 1                                                                                                       | <b>ACTIVE CYCLE</b><br>Jen   Studio 2                                                                                               | <b>BOOTCAMP</b><br>Sadie   Studio 1                                                                                                           |                                                                                                   |                                                                                         |
| 7AM    |                                                                                                                                           |                                                                                                                                    |                                                                                                                                           | <b>Tone Up</b><br>Baddoura   Studio 1                                                                                               |                                                                                                                                               |                                                                                                   |                                                                                         |
| 8AM    | <b>STRENGTH</b><br>Eve   Studio 1                                                                                                         | <b>MAT PILATES</b><br>Sue   Studio 1                                                                                               | <b>FUNCTIONAL STRENGTH*</b><br>Carrie   Studio 1<br><b>CLASSIC CYCLE</b><br>Julie   Studio 2<br><b>AQUA AEROBICS*</b><br>Holly   Rec Pool | <b>CARDIO BARRE</b><br>Jackie   Studio 1                                                                                            | <b>POWER YOGA</b><br>Channon   Studio 1<br><b>SPIN &amp; STRENGTH</b><br>Carrie   Studio 2<br><b>AQUA AEROBICS*</b><br>Baddoura   Rec Pool    | <b>YINYASA YOGA</b><br>Baddoura   Studio 1                                                        | <b>CLASSIC CYCLE</b><br>Julie   Studio 2<br><b>ZUMBA</b><br>Qarina   Studio 1           |
| 9AM    | <b>AQUA AEROBICS*</b><br>Heidi   Rec Pool<br><b>BODY BLAST</b><br>Janet   Studio 1<br><b>ACTIVE CYCLE</b><br>Kristy   Studio 2            | <b>AQUA AEROBICS*</b><br>Holly   Rec Pool<br><b>BODY BLAST</b><br>Sue   Studio 1<br><b>ACTIVE STRENGTH</b><br>Cassandra   Studio 2 | <b>AQUA AEROBICS*</b><br>Zona   Rec Pool<br><b>STRENGTH</b><br>Oscar   Studio 1                                                           | <b>AQUA AEROBICS*</b><br>Holly   Rec Pool<br><b>MAT PILATES</b><br>Eve   Studio 1<br><b>SPIN &amp; STRENGTH</b><br>Sadie   Studio 2 | <b>AQUA AEROBICS*</b><br>Eve   Rec Pool<br><b>ACTIVE CYCLE</b><br>Leland   Studio 2<br><b>TONE UP</b><br>Zona   Studio 1                      | <b>AQUA AEROBICS*</b><br>Linda K.   Rec. Pool<br>(8:45 AM)<br><b>WARRIOR</b><br>Shayna   Studio 1 | <b>CARDIO BARRE</b><br>Tek   Studio 1                                                   |
| 10AM   | <b>AQUA AEROBICS*</b><br>Jeremiah   Rec Pool<br><b>POWER YOGA</b><br>Channon   Studio 1<br><b>SPIN &amp; STRENGTH</b><br>Janet   Studio 2 | <b>AQUA AEROBICS*</b><br>Linda K.   Rec. Pool<br><b>BODY FIT</b><br>Tara   Studio 1<br><b>CIRCUIT TRAINING</b><br>Oscar   Studio 2 | <b>AQUA AEROBICS*</b><br>Carrie   Rec Pool<br><b>WELLNESS 3-IN-1*</b><br>Sue   Studio 1<br><b>ACTIVE STRENGTH</b><br>Zona   Studio 2      | <b>AQUA AEROBICS*</b><br>Linda K.   Rec. Pool<br><b>BODY FIT</b><br>Tara   Studio 1                                                 | <b>AQUA AEROBICS*</b><br>Carrie   Rec Pool<br><b>STRETCH/MOBILITY*</b><br>Jackie   Studio 1<br><b>SPIN &amp; STRENGTH</b><br>Janet   Studio 2 | <b>BODY FIT</b><br>Tara   Studio 1<br><b>WARRIOR REVOLUTION</b><br>Shayna   Studio 2              | <b>90 MIN YOGA</b><br>Baddoura   Studio 1<br><b>ACTIVE STRENGTH</b><br>Terri   Studio 2 |
| 11AM   | <b>AQUA AEROBICS*</b><br>Tina   Rec Pool<br><b>MAT PILATES</b><br>Linda   Studio 1                                                        | <b>ZUMBA</b><br>Evelyn   Studio 1                                                                                                  | <b>AQUA AEROBICS*</b><br>Heidi   Rec Pool<br><b>YINYASA YOGA</b><br>Baddoura   Studio 1                                                   | <b>ZUMBA GOLD*</b><br>Holly   Studio 1                                                                                              | <b>FUNCTIONAL STRENGTH*</b><br>Tina   Studio 1                                                                                                | <b>ZUMBA</b><br>Rose   Studio 1                                                                   | <b>MAT PILATES</b><br>Tek   Studio 1<br>(11:30am)                                       |
| 12PM   | <b>CHAIR FIT*</b><br>Tina   Studio 1                                                                                                      | <b>CHAIR YOGA*</b><br>Tek   Studio 1                                                                                               | <b>CHAIR FIT*</b><br>Terri   Studio 1                                                                                                     | <b>WELLNESS 3-IN-1*</b><br>Sue   Studio 1<br><b>CHAIR YOGA*</b><br>Monica   Studio 1<br>(1:00pm)                                    | <b>GENTLE YOGA*</b><br>Tina   Studio 1                                                                                                        |                                                                                                   |                                                                                         |
| 3:30PM | <b>STRETCH/MOBILITY*</b><br>Baddoura   Studio 1                                                                                           | <b>TONE UP</b><br>Zona   Studio 1                                                                                                  | <b>ZUMBA GOLD*</b><br>Rose   Studio 1                                                                                                     |                                                                                                                                     |                                                                                                                                               |                                                                                                   |                                                                                         |
| 4:30PM | <b>TONE UP</b><br>Zona   Studio 1                                                                                                         | <b>MAT PILATES</b><br>Linda   Studio 1<br><b>ACTIVE STRENGTH</b><br>Zona   Studio 2                                                | <b>CARDIO BARRE</b><br>Baddoura   Studio 1<br><b>Spin &amp; Strength</b><br>Holly   Studio 2                                              | <b>YOGA</b><br>Channon   Studio 1                                                                                                   | <b>WARRIOR</b><br>Shayna   Studio 1                                                                                                           |                                                                                                   |                                                                                         |
| 5:30PM | <b>VINYASA YOGA</b><br>Nicole   Studio 1<br><b>CYCLE &amp; CORE</b><br>Holly   Studio 2<br><b>ADULT SWIM</b><br>Brent   Lap Pool          | <b>ZUMBA</b><br>Rose   Studio 1<br><b>ACTIVE CYCLE</b><br>Jenn   Studio 2                                                          | <b>MAT PILATES</b><br>Pari   Studio 1<br><b>ADULT SWIM</b><br>Brent   Lap Pool                                                            | <b>STRENGTH</b><br>Oscar   Studio 1<br><b>CYCLE &amp; CORE</b><br>Holly   Studio 2                                                  | <b>ZUMBA</b><br>Chela   Studio 1<br><b>WARRIOR STRENGTH</b><br>Janelle   Studio 2                                                             |                                                                                                   |                                                                                         |
| 6:30PM | <b>AQUA AEROBICS*</b><br>Baddoura   Rec. Pool                                                                                             | <b>YOGA FLOW</b><br>Stephanie   Studio 1                                                                                           | <b>YINYASA YOGA</b><br>Baddoura   Studio 1                                                                                                | <b>AQUA AEROBICS*</b><br>Nicole M.   Rec. Pool                                                                                      |                                                                                                                                               |                                                                                                   |                                                                                         |