



# GROUP EXERCISE SCHEDULE

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

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