

**SPRING GROUP EXERCISE SCHEDULE--EFFECTIVE 3/25/18**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			6:30am SPINNING	9:00AM POUND*	5:45am SPINNING	
8:45am ZUMBA		9:00am SPINNING	9:25am BEGINNER YOGA	9:00am SPINNING	9:15am UPPER & LOWER BODY	9:00am SPINNING
9:00am SPINNING	9:30am STEP EXPRESS	9:30am ABS/LEGS	9:30am CARDIO-KICK & SCULPT	9:30am ABS/LEGS	9:45am ABS EXPRESS	9:30am CARDIO- BLAST
9:30am CARDIO-MIX**	10:00am WEIGHTS & ABS	10:00am WEIGHTS EXPRESS	10:15am ABS EXPRESS	10:00am WEIGHTS EXPRESS	10:00am CARDIO MIX**	10:30am ABS EXPRESS
10:15AM ABS EXPRESS	10:30am YOGA	10:00am YOGA	10:30am BARRE ABOVE	10:30am YOGA- LATES	10:30am YOGA	10:30am YOGA
10:30am BARRE ABOVE	10:30am ZUMBA	10:15am ZUMBA	11:15am ZUMBA GOLD	10:15am ZUMBA		10:45am UPPER & LOWER BODY
10:00am YOGA-LATES	4:45pm BODY SHAPING	11:00am SENIOR AEROBICS	4:30PM POUND	11:00AM SENIOR AEROBICS		11:15am ZUMBA
<p>**Class format will vary from week to week</p> <p>schedule subject to change</p>	5:30pm STEP EXPRESS	4:45pm ZUMBA TONING	5:15pm BODY SHAPING	5:00pm weights & abs	6:00pm YOGA	<p>*1st Thurs. of month, 9am class will be BOSU Balance &amp; Core</p>
	New Class! 6:00PM FIT-BALL	5:30PM WEIGHTS & ABS	6:00pm BOOT CAMP	5:30pm step express	6:30Pm ZUMBA	
	6:30PM BARRE ABOVE	6:00PM STEP EXPRESS	6:30pm VINYASA YOGA	6:00pm ZUMBA		
	6:45pm VINYASA YOGA	6:15PM SPINNING	6:45pm ZUMBA	6:45pm pound, hiit, & fit		
	7:15pm ZUMBA	6:30PM CARDIO- KICK & SCULPT				