

FALL/WINTER GROUP EXERCISE SCHEDULE--EFFECTIVE 11/4/18

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			6:30am SPINNING	*see note below about 9am BOSU class	5:30am 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 abs/step	11:00AM SENIOR AEROBICS		11:15am ZUMBA
**Class format will vary from week to week	5:30PM BOSU/ CARDIO & CORE	4:45pm ZUMBA TONING	5:15pm BODY SHAPING	1:30pm chair yoga	6:00pm YOGA	*1st Thurs. of month only, there will be a 9am BOSU Balance & Core class
	6:00PM FIT-BALL	5:30PM WEIGHTS & ABS	6:00pm BOOT CAMP	5:00PM ABS/WTS/ STEP	6:30Pm ZUMBA	
	6:30PM BARRE ABOVE	6:00PM STEP EXPRESS	6:30pm VINYASA YOGA	6:00pm ZUMBA		
	6:45pm VINYASA YOGA		6:45pm ZUMBA	New day & time! 6:00PM SPINNING		
	7:15pm ZUMBA			6:45pm boot camp circuit*		
schedule subject to change					1st Thurs. of month will be POUND, HIIT, & Fit	