

**FALL GROUP EXERCISE SCHEDULE--EFFECTIVE 9/8/19**

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	8:45am 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
It's back! 9:00am tai chi	10:00am WEIGHTS & ABS	10:00am WEIGHTS EXPRESS	10:15am ABS EXPRESS	10:00am WEIGHTS EXPRESS	10:00am CARDIO MIX**	10:30am ABS EXPRESS
9:30am cardio-mix	10:30am YOGA	10:00am YOGA	10:30am WEIGHTS & BODY BAR	10:30am YOGA	10:30am YOGA	10:30am YOGA
10:00am yoga- lates	10:30am ZUMBA	10:15am ZUMBA	11:15am ZUMBA GOLD	10:15am ZUMBA		10:45am UPPER & LOWER BODY
10:15am abs express	4:45pm BODY SHAPING	11:00am SENIOR AEROBICS	It's back! 4:30pm abs/step	11:00AM SENIOR AEROBICS		11:15am ZUMBA
10:30am barre above	5:30PM CARDIO-KICK BOXING	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 ZUMBA		6:00pm BOOT CAMP	New time! 5:30PM WTS/ABS/ STEP	6:30Pm ZUMBA	
	6:45PM BARRE ABOVE	5:30PM WEIGHTS & ABS	6:30pm VINYASA YOGA	New time! 6:30pm ZUMBA		
	6:45pm VINYASA YOGA	6:00PM STEP EXPRESS	6:45pm ZUMBA			
		6:30pm zumba				

schedule  
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