



GROUP EXERCISE SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
SPIN CLASS 8:45AM - 9:30AM Lynn (S)	BODY PUMP 7:30AM - 8:30AM Susan (A)	MORNING WORKOUT 9:30AM - 10:30AM Nancy (A)	BODY PUMP 7:30AM - 8:30AM Susan (A)	SPIN CLASS 9:10AM - 9:55AM Marie (S)	VINYASA YOGA 8AM – 9AM Lauren (D)
AMPD STRONG 9:15AM - 9:45AM Marie (D)	LES MILLS CORE 8:45AM - 9:15AM Susan (A)		TABATA STRENGTH 9:10AM - 9:55AM Marie (D)	MORNING WORKOUT 9:30AM - 10:30AM Nancy (A)	SUNDAY
MORNING WORKOUT 9:30AM - 10:30AM Nancy (A)			MORNING SPIN 9:30AM - 10:30AM Jeff (S)		INDOOR CYCLE 10:15AM – 11:15AM Denise (S)
	YOGA 5:30PM – 6:45PM Danielle (D)				<p>You must bring your own mat to class, no mats will be available.</p>
HIIT 5:15PM – 5:45PM Judy (D)	BOBY PUMP 5:30PM – 6:30PM Susan (A)	HIIT 5:15PM – 5:45PM Judy (D)		KICKBOXING 5:30PM - 6:15PM Marie (A)	(A) = AEROBICS ROOM (D) = DANCE STUDIO (S) = SPIN STUDIO