



# GROUP EXERCISE SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING WORKOUT 9:30AM - 10:15AM Nancy (A)	BODY PUMP 7:30AM - 8:30AM Susan (A)	MORNING WORKOUT 9:30AM - 10:15AM Nancy (A)	BODY PUMP 7:30AM - 8:30AM Susan (A)	MORNING WORKOUT 9:30AM - 10:15AM Nancy (A)	VINYASA YOGA 8AM – 9AM Lauren (D)
PILATES 9AM - 9:45AM Tracy (D)	LES MILLS CORE 8:45AM - 9:15AM Susan (A)	PILATES 9AM - 9:45AM Tracy (D)	SPIN CLASS 8:30AM - 9:15AM Lynn (S)		<p>Don't forget to check out our Active Older Adult Schedule for Cardio Circuit &amp; Boom Classes!</p> <p>You must bring your own mat to class, no mats will be available.</p> <p>(A) = AEROBICS ROOM (D) = DANCE STUDIO (S) = SPIN STUDIO</p>
			PILATES 9:30AM - 10:15AM Lynn (A)		
	YOGA 5:30PM – 6:45PM Danielle (D)				
HIIT 6PM – 6:45PM Becca (A)	BOBY PUMP 5:30PM – 6:30PM Susan (A)	HIIT 5:15PM – 5:45PM Judy (D)	DANCE FIT 6PM – 6:45PM Becca (A)		