



GROUP EXERCISE SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BALANCE & CORE CONDITIONING 8:30AM - 9:15AM Tommie (D)	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)
SPIN CLASS 8:45AM - 9:30AM Lynn (S)	LES MILLS CORE 8:45AM - 9:15AM Susan (A)		BARRE 9:10AM - 9:55AM Marie (D)	MORNING WORKOUT 9:30AM - 10:30AM Nancy (A)	SUNDAY
TABATA STRENGTH 9:15AM - 9:45AM Marie (D)			MORNING SPIN 9:30AM - 10:30AM Jeff (S)		INDOOR CYCLE 11AM – 12PM Denise (S)
MORNING WORKOUT 9:30AM - 10:30AM Nancy (A)	YOGA 5:30PM – 6:45PM Danielle (D)				<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>
HIIT 5:15PM – 5:45PM Judy (D)	BOBY PUMP 5:30PM – 6:30PM Susan (A)				
	INDOOR CYCLE 6PM – 7PM Denise (S)	HIIT 5:15PM – 5:45PM Judy (D)			