



GROUP EXERCISE SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AMPD STRONG 9:00AM - 9:45AM Marie (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 9:00AM - 9:45AM Marie (S)	<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>
MORNING WORKOUT 9:30AM - 10:30AM Nancy (A)	LES MILLS CORE 8:45AM - 9:15AM Susan (A)	PILATES-BARRE 9:00AM - 10:00AM Marie (D)	TABATA STRENGTH 9:00AM - 9:45AM Marie (D)	MORNING WORKOUT 9:30AM - 10:30AM Nancy (A)	
	YOGA 5:30PM - 6:45PM Danielle (D)				
HIIT 5:15PM - 5:45PM Judy (D)	BODY PUMP 5:30PM - 6:30PM Susan (A)	HIIT 5:15PM - 5:45PM Judy (D)		KICKBOXING 5:30PM - 6:15PM Marie (A)	