



# GROUP EXERCISE SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>AMPD STRONG</b> 9:00AM - 9:45AM Marie (D)	<b>BODY PUMP</b> 7:30AM - 8:30AM Susan (A)	<b>MORNING WORKOUT</b> 9:30AM - 10:30AM Nancy (A)	<b>BODY PUMP</b> 7:30AM - 8:30AM Susan (A)	<b>SPIN CLASS</b> 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>
<b>MORNING WORKOUT</b> 9:30AM - 10:30AM Nancy (A)	<b>LES MILLS CORE</b> 8:45AM - 9:15AM Susan (A)	<b>PILATES-BARRE</b> 9:00AM - 10:00AM Marie (D)	<b>TABATA STRENGTH</b> 9:00AM - 9:45AM Marie (D)	<b>MORNING WORKOUT</b> 9:30AM - 10:30AM Nancy (A)	
	<b>SPIN &amp; STRENGTH</b> 9:30AM - 10:30AM Lynn (S)		<b>WINTER SPINNING</b> 9:30AM - 10:30AM Jeff (S)		
	<b>YOGA</b> 5:30PM - 6:45PM Danielle (D)				
<b>HIIT</b> 5:15PM - 5:45PM Judy (D)	<b>BODY PUMP</b> 5:30PM - 6:30PM Susan (A)	<b>HIIT</b> 5:15PM - 5:45PM Judy (D)		<b>KICKBOXING</b> 5:30PM - 6:15PM Marie (A)	