



# GROUP FITNESS CLASS SCHEDULE

**MONDAY      TUESDAY      WEDNESDAY      THURSDAY      FRIDAY      SATURDAY      SUNDAY**

## MORNING SCHEDULE

	7:30am Spin® + Stretch Dawna		07:30am Spin® + Stretch Dawna			
8:30am Spin® Becky	8:30am Zumba® Deana	08:30am Spin® Becky		8:00am Total Body Jam w/ Spin® Dawna/Becky	8:00am Vinyassa Yoga Joy	8:15am Hatha Yoga Joy
9:30am Flow & Stretch Yoga Barbara	9:30am Pilates Raysa	09:30am Gentle Hatha/Yin Yoga Sylwia	09:30am Pilates Raysa	09:30am Classical Yoga Joanna	9:00am Total Body Conditioning Julie	9:30am Zumba® & More Tricia "T"
10:30am SilverSneakers® Cardio Nadine	10:30am SilverSneakers® Classic Nadine	10:30am SilverSneakers® Classic Asti	10:30am SilverSneakers® Circuit Paula	10:30am SilverSneakers® Circuit Paula	10:00am Spin® Instructor Rotation	
11:30am Zumba® Gold Hugo	11:30am SilverSneakers® Circuit Paula	11:30am Gentle Chair Yoga Sherri		11:30am Gentle Chair Yoga Sherri		

## EVENING SCHEDULE

6:00pm Spin® & Weights Combo Holly						
	6:30pm Zumba® Fitness Hugo		6:30pm Zumba® Fitness Hugo			