

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Weekly Group Fitness Class Schedule

5:15-6:15 a.m.	ACTION Gym Kyla
5:30-6:15 a.m.	Group Cycling** Spin Room Kim
7:45-8:45 a.m.	Low Impact Aerobics Aerobics Room Jean
8-8:50 a.m.	Silver Sneakers Stretch & Flex Comm. Room Crystal
9-9:50 a.m.	Silver Sneakers: Stretch & Flex Comm. Room Crystal
9-10 a.m.	Steppin' Up Aerobics Room April
9-10 a.m.	Total Body Blitz Gym Libby
10-10:50 a.m.	Silver Sneakers: Strength & ROM Comm. Room Crystal
10:15-11:15 a.m.	Low Impact Dance Aerobics Aerobics Room Suzy
11:30 - 12:30 p.m.	Core Strength Pilates Aerobics Room Leslie
5:30-6:30 p.m.	Group Cycling** Spin Room Leah
6-7:15 p.m.	Cardio Max Step Aerobics Room Suzy

5:15-6:15 a.m.	ACTION Gym Kyla
5:30-6:15 a.m.	Group Cycling** Spin Room Kim
7:45-8:45 a.m.	Low Impact Aerobics Aerobics Room Rhonda
9-10 a.m.	Dance/Aerobics Fusion Aerobics Room Kelly
9-10 a.m.	Body Blast Gym West Crystal
9-10 a.m.	Silver Sneakers: Strength & ROM Comm. Room Suzy
10-10:35 a.m.	Sculpt Express Aerobics Room Kelly
10:40-11:15 a.m.	Restorative Yoga Aerobics Room Marie
11:30-12:15 p.m.	Hatha Yoga Aerobics Room Lexus
12-1 p.m.	Cycling-X** Spin Room Miste
12-1 p.m.	Fitness Fusion Gym West Crystal
5-6 p.m.	Open Cycling** Spin Room
5:30-6:15 p.m.	Drummin' Fun Comm. Room April
6-7 p.m.	Group Cycling** Spin Room Suzy
6-7 p.m.	Zumba ** Aerobics Room Jean

5:15-6:15 a.m.	ACTION Gym Kyla
5:30-6:15 a.m.	Group Cycling** Spin Room Miste
7:45-8:45 a.m.	Low Impact Aerobics Aerobics Room Kelly/Nancy
8-8:50 a.m.	Silver Sneakers Stretch & Flex Comm. Room Crystal
9-9:50 a.m.	Silver Sneakers: Stretch & Flex Comm. Room Crystal
9-10 a.m.	Steppin' Up Aerobics Room April
9-10 a.m.	Total Body Blitz Gym Libby
10-10:50 a.m.	Silver Sneakers: Strength & ROM Comm. Room Crystal
10:15-11:15 a.m.	Low Impact Dance Aerobics Aerobics Room Suzy
11:30 - 12:30 p.m.	Core Strength Pilates Aerobics Room Leslie
5:30-6:30 p.m.	Group Cycling** Spin Room Miste
5:30 - 6:30 p.m.	Suspension Pro Fitness Gym (West) Pam
6:15-7:15 p.m.	Buti Yoga Aerobics Room Julia
6:30-7:15 p.m.	Intro to Group Cycling** Spin Room Miste

5:15-6:15 a.m.	ACTION Gym Kyla
5:30-6:15 a.m.	Group Cycling** Spin Room Kim
7:45-8:45 a.m.	Low Impact Aerobics Aerobics Room Jean
9-10 a.m.	Dance/Aerobics Fusion Aerobics Room Kelly
9-10 a.m.	Silver Sneakers: Strength & ROM Comm. Room Suzy
9-10 a.m.	Body Blast Gym West Crystal
10-10:35 a.m.	Sculpt Express Aerobics Room Kelly
11:30-12:15 p.m.	Gentle Yoga Aerobics Room Lexus
12-1 p.m.	Cycling-X** Spin Room Miste
12 -1 p.m.	Fitness Fusion Gym West Crystal
5:30 - 6:30 p.m.	Open Cycling** Spin Room
6-7:15 p.m.	Cardio Max Step Aerobics Room Suzy

5:15-6:15 a.m.	ACTION Gym Kyla
5:30-6:15 a.m.	Group Cycling** Spin Room Miste
7:45-8:45 a.m.	Low Impact Aerobics Aerobics Room Rhonda
9-9:50 a.m.	Silver Sneakers: Stretch & Flex Comm. Room Crystal
9-9:50 a.m.	Hi/Low Option Aerobics Room April
9-10 a.m.	Total Body Blitz Gym West Libby
9-10 a.m.	Open Cycling** Spin Room
9:50-10:25 a.m.	Tight & Tone Aerobics Room April
10-10:50 a.m.	Silver Sneakers: Strength & ROM Comm. Room Crystal
10:40-11:15 a.m.	Restorative Yoga Aerobics Room Marie
11:30-12:15 p.m.	Hatha Yoga Aerobics Room Marie

8-9 a.m.	Group Cycling** Spin Room Suzy
8:00 - 9:00 a.m.	Buti Yoga Aerobics Rm Julia
9-10 a.m.	Dance/ Aerobics Fusion Aerobics Rm Kelly
9:15-10:15 a.m.	Group Cycling** Spin Room Suzy
10-10:45 a.m.	Sculpt Express Aerobics Rm Kelly

2:30-3:30 p.m.	Hi/Low Option Aerobics Room April
3:30-4 p.m.	Body Sculpt Aerobics Room April

** Denotes Extra Fee



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