



Doling Family Center 2021 Group Exercise Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30-6:30 a.m. Boot Camp (G) Heather		5:30-6:30 a.m. Boot Camp (G) Heather		5:30-6:30 a.m. Boot Camp (G) Heather	
	8-8:30a.m. Boom Muscle (A) Liz		8-8:30a.m. Boom Muscle(A) Liz		
	8:45-9:15a.m. Boom Mind (A) Liz		8:45-9:15a.m. Boom Mind (A) Liz		
9:30-10:30 a.m. Step (C) Gina	9-10a.m. *Total Yoga (C) Nikki \$	9:30-10:30a.m. Toning & Strength (C) Liz	9:30-10:30 a.m. Low Impact Aerobics (C) Babs	9:30-10:30 a.m. Total Workout (C) Liz	
10:45-11:45 a.m. Silver Sneakers Classic (G) Gina	9:30-10:30 a.m. Core Recovery (A) Liz	10:45-11:45a.m. Silver Sneakers Classic (G) Liz		10:45-11:45a.m. Silver Sneakers Circuit (G) Liz	10-11a.m. Zumba (C) Liz \$
10:45-11:45 a.m. Low Impact Aerobics (C) Babs	10:35-11:35a.m. Silver Sneakers Yoga (G) Mona		10:35-11:35a.m. Silver Sneakers Yoga (G) Mona	12-1p.m. Silver Sneakers Yoga (G) Mona	
5:15-6 p.m. Pound (C) Abby \$			5:15-6 p.m. Pound (C) Jen \$		
	6-7p.m. *Tae Kwon Do (A) \$		6-7 p.m. *Tae Kwon Do (A) \$		
	6-7 p.m. Boot Camp (G) Jennifer	6-7 p.m. Strength & Stretch (A) Heather			
6-7 p.m. Generation Pound (C) Abby *Session-Based Sept. 13-Oct. 18	6:15-7:15 p.m. *Total Yoga (C) Nikki \$		6:15-7:15p.m. *Total Yoga (C) Nikki \$		

Effective 9/13/2021

(G)=Gym (C)=Community Room (A)=Aerobics Room \$=Additional Fee *=Registration Required/
Session-Based