



GROUP FITNESS CLASS SCHEDULE

BEGINNING 01/25/17

ALL CLASSES SUBJECT TO CHANGE AT THE MANAGER'S DISCRETION

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:30 AM	BOOT CAMP With Britt		SPIN With Joyce		GENTLE STRETCH With Amy
8:00 AM	CARDIO STRENGTH With Britt	ZUMBA With Jody @ 8:10am	MIDWEEK MIX With Joyce	CARDIO/FULL BODY With Jess	FULL BODY CONDITIONING With Amy
9:15 AM	AQUA AEROBICS With Britt	AQUA AEROBICS With Jess	AQUA AEROBICS With Joyce	YOGA With Jess	AQUA AEROBICS With Melissa
	PILATES With Melissa			AQUA With Melissa	CORE PILATES STYLE With Amy
5:30 PM			YOGA With Jess		

ALL CLASSES ARE FREE FOR MEMBERS AND OPEN TO PARTICIPANTS OF ALL ABILITY LEVELS