



Group Fitness Schedule

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	5:30-6:30am Cycling-Becky		5:30-6:30am Cycling-Becky		5:30-6:30am Vin FlowYoga-Angie	
9:00-10am ZUMBA- Kelz	7:45-9:00am Body Basics- Trish		7:45-9:00am Body Basics- Trish		7:45-8:45 am Body Basics- Trish	9:00-9:45 am CYCLING -Penny
	9:15-10:45am Metabolic Training-Debbie	9:30-10:30am Pilates-Trish	9:15-10:45AM Metabolic Training-Debbie	9:30-10:30am Pilates Trish	9:15-10:45am Metabolic Training-Debbie	10:00-11:00am ZUMBA-Sharon
	11:15-12:15pm Silver Sneakers Circuit- Trish	10:45-11:45am Silver Sneakers Classic- Trish	11:15-12:15pm Silver Sneakers Circuit- Trish	10:45-11:45am Silver Sneakers Classic-Trish	11:15-12:15pm Silver Sneakers Circuit- Trish	11:00-12:00pm KICKBOXING-Anna
						12:00 - 12:30pm YoPi-Anna
				4:30-5:15pm Vin YinYoga - Angie		
	5:45-6:30 pm WARRIOR KICKBOXING BOOT CAMP- Penny	5:45 -6:30pm SCULPT, STRENGTHEN & TONE -Anna	5:45-6:30 pm WARRIOR CARDIO BOOT CAMP-Penny	5:45-6:30pm SCULPT, STRENGTHEN & TONE-Anna	6:00-7:00pm ZUMBA -Sharon	
	7:00-8pm ZUMBA- Kelz	7:00-8:00pm ZUMBA-Sharon	6:45-7:45pm Vin Flow Yoga-Angie			