



## Group Fitness Schedule

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