



# 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	
	7:45-9:00am Body Basics- Trish		7:45-9:00am Body Basics- Trish		7:45-8:45 am Body Basics- Trish	9:00-9:45am <b>CYCLING</b> -Penny
	9:15-10:45am Metabolic Training-Debbie	9:30-10:30am <i>Pilates</i> -Trish	9:15-10:45AM Metabolic Training-Debbie	9:30-10:30am <i>Pilates</i> Trish	9:15-10:45am Metabolic Training-Debbie	10:00-11:00am <b>ZUMBA</b> -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 <b>KICKBOXING</b> - Anna
						12:00 - 12:30pm <b>AB LAB</b> -Anna
				4:30-5:15pm Vin YinYoga - Angie		
	5:45-6:45 pm <b>WARRIOR KICKBOXING BOOT CAMP</b> - Penny	5:45 -6:45pm SCULPT, STRENGTHEN & TONE -Anna	5:45-6:45 pm <b>CYCLING</b> -Penny	5:45-6:45pm SCULPT, STRENGTHEN & TONE-Anna	6:00-7:00pm <b>ZUMBA</b> -Sharon	
	7:00-8:00pm <b>ZUMBA</b> -Kelz	7:00-8:00pm <b>ZUMBA</b> - Sharon	7:00-8:00pm Vin Flow Yoga- Angie	7:00pm-8:00pm <b>ZUMBA</b> -Kelz		