

		Group	Exercise	Schedule		
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BOOTCAMP Tuesday 9:00am w/ Levi		MORNING CLASSES				
	5:15 Circuit Xpress Patti		5:15 Circuit Xpress Patti			
	6:15 Susanne Interval Blast	6:15 ♻️Cycling Susanne	6:15 Patty Interval Blast	6:15 ♻️Cycling Susanne	8:00 Duco Pilates Mat	
8:00 Cardio Fun Sue	8:00 BodyStep® Tricia	8:00 Sculpt+Yoga Sue	8:00 Step Allison	8:00 Cardio Fun Nichole	8:00 ♻️Cycling Renee/Kim	9:30 ♻️Cycling Bruce
8:15 Circuit Xpress Brent		8:15 Circuit Xpress Peggy		8:30 Circuit Xpress Levi	9:00 Circuit Xpress Laura	
9:00 Body Sculpt Julie W.	9:00 Levi BOOTCAMP	9:00 BODYPUMP® Gigi	9:00 ZUMBA Carmen	9:00 BODYPUMP® Kerry	9:00 Body Sculpt Renee	10:30 TurboKick® Julia
					9:00 Tricia ♣️Aqua Xpress	
9:30 ZUMBA Tricia		9:30 ZUMBA GOLD Kathy				
9:30 ♻️SCULPTCycle Sue	9:30 ♻️Cycling Kim	9:30 ♻️Cycling Sue	9:30 ♻️Cycling Gigi	9:30 ♻️Cycling Bruce	9:15 ♻️Cycling Susanne	
10:00 Circuit Xpress Megan	10:00 Circuit Xpress Brent	10:00 Circuit Xpress Levi	10:00 Circuit Xpress Rachael	10:00 Circuit Xpress Levi		
	10:00 Sue ♣️Yoga	10:00 AB/LAB (15 min.)	10:00 Carmen ♣️Power Vinyasa	10:00 AB/LAB (15 min.)	10:00 BodyStep® Tricia	
10:30 Heather ♣️Vinyasa Yoga	10:30 Julie/Kimberly Pilates Mat	10:30 Heather ♣️Vinyasa Yoga	10:30 Kerry Pilates Mat	10:30 Heather ♣️Vinyasa Yoga	10:30 ♣️Yoga Ashtyn	
10:30 Sherry Fit for Life		10:30 Sherry Fit for Life		10:30 Sherry Fit for Life		
10:30 Mary Ann ♣️Aqua Motion	10:00 Allison ♣️Aqua Motion		10:00 Allison ♣️Aqua Motion	10:30 Mary Ann ♣️Aqua Motion		
	11:10 Allison ♣️Senior Splash		11:10 Allison ♣️Senior Splash			
11:45 Sherry Silver Sneakers®	11:30 Mary Ann Fit for Life Yoga	11:45 Sherry CC Silver Sneakers®	11:30 Sherry Fit for Life Yoga	11:45 Sherry Silver Sneakers®		
AFTERNOON CLASSES						
	Noon ♻️Cycling Whyle			Noon ♻️Cycling Whyle		
12:00Circuit Xpress Ruth		12:00Circuit Xpress Peggy		12:00Circuit Xpress Brent		
1:00 Mary Ann ♣️Arthritis Swim		1:00 Kathy ♣️Arthritis Swim		1:00 Mary Ann ♣️Arthritis Swim		
EVENING CLASSES						
4:30 ♣️Yoga Carmen	4:30 Pilates Mat Kerry	4:30 ♣️Yoga Renee	4:30 Pilates Mat Kerry	4:45 ♣️Yoga Ashtyn		4:00 ♣️Vinyasa Yoga Kerry
5:30 ♻️Cycling Whyle	5:30 ♻️Cycling Bruce	5:30 ♻️Cycling Bruce	5:30 ♻️Cycling Kim			5:00 ♻️Cycling Glenn
5:30 Body Sculpt Renee	5:30 BODYPUMP® Allison	5:30 Body Sculpt Renee	5:30 BODYPUMP® Tricia			
	6:00 Circuit Xpress Laura		6:00 Circuit Xpress Laura			
6:30 ♻️Cycling Renee	6:30 Kevin Core Training	6:30 ♻️Cycling Whyle	6:30 Kevin Core Training			
6:30 Julia ZUMBA	6:45 Carmen ♣️Power Vinyasa	6:30 Julia Turbo Kick®	6:45 Sherry C. ♣️Yoga Flow			
7:30 Michelle ♣️Aqua Xpress		7:30 Mary Ann ♣️Aqua Xpress				

