

GROUP EXERCISE

Effective March 1, 2019

All classes included with membership (13+)



TIME	STUDIO	POOL	GYM
MONDAY			
9:00AM	ZUMBA GOLD (Angela)		
10:00AM	CHAIR YOTAILATES (Michael)	AQUA ZUMBA (Angela)	
5:30PM	BODY FIT (Tracy)		
TUESDAY			
6:30 AM	BODY CONDITIONING (Randy)		
9:00AM		SILVER SPLASH (Tamika)	
10:00AM	SCULPT & STRETCH (Tamika)		
6:00PM			GROUP CYCLING (Charmaine)
7:00PM	ZUMBA (Lisa P.)		
WEDNESDAY			
8:45AM	YOGA (Erica)		
9:00AM		AQUACISE (Eunice)	SILVER CLASSIC (Tamika)
10:00AM	PILATES (Meryl)		SENIOR STRETCH (Tamika)
THURSDAY			
6:30 AM	BODY CONDITIONING (Randy)		
8:45AM	YOGA (Nora)		
9:00AM		AQUACISE (Delvyne)	
10:00AM	CHAIR YOTAILATES (Michael)		
12:00PM	TAI CHI (Angela)		
6:00PM	BUTTS & GUTS (Tamika)		
6:30PM			GROUP CYCLING (Charmaine)
7:00PM	ZUMBA (Mila)		
8:00PM	ABS & BACK (Randy)		
FRIDAY			
9:00AM		AQUACISE (Mila)	SILVER CLASSIC (Tamika)
10:15AM	ZUMBA BODY SCULPT (Tamika)		CHAIR STRETCH (Mila)
11:15AM	STRETCH PLUS (Tamika)		
SATURDAY			
7:30AM	BODY SCULPT (Eunice)		
9:30AM		AQUACISE (Tracey)	
SUNDAY			
9:30AM	90 MINUTE ZUMBA (Lisa P)		
11:00AM	VINYASA FLOW YOGA (Kathy)		