

GROUP EXERCISE

Effective January 5, 2020

All classes included with membership (13+)



Time	Studio	Pool	Gym
MONDAY			
6:30 AM	Core Training Plus (Don)		
9:00 AM	ZUMBA GOLD (Angela)		
10:00 AM	CHAIR YOTAILATES (Michael)	AQUA ZUMBA (Angela)	
6:00 PM	BODY FIT (Don)		
TUESDAY			
6:00 AM	Spin With Don (Don)		
9:00 AM		SILVER SPLASH (Tamika)	
10:00 AM	SCULPT & STRETCH (Tamika)		
6:00 PM			GROUP CYCLING (Charmaine)
7:00 PM	ZUMBA (Lisa P)		
WEDNESDAY			
6:30 AM	Core Training Plus (Don)		
8:45 AM	YOGA (Erica)		
9:00 AM		AQUACISE (Darlene)	SILVER CLASSIC (Tamika)
10:00 AM			SENIOR STRETCH (Tamika)
7:00 PM	ABS & BACK		
THURSDAY			
6:00 AM	Spin With Don (Don)		
8:45 AM	MEDITATION & YOGA (Nora)		
10:00 AM	CHAIR YOTAILATES (Michael)	AQUACISE (Darlene)	
12:00 PM	TAI CHI (Angela)		
6:00 PM	BOOTY BOOT CAMP (Tamika)		
6:30 PM			GROUP CYCLING (Charmaine)
7:00 PM	ZUMBA (Mila)		
FRIDAY			
6:30 AM	Core Training Plus (Don)		
9:00 AM		AQUACISE (Mila)	SILVER CLASSIC (Tamika)
10:15 AM	ZUMBA, BODY, SCULPT (Tamika)		CHAIR STRETCH (Darlene)
11:15 AM	STRETCH PLUS (Darlene)		
SATURDAY			
7:30 AM	BODY SCULPT (Tracy)		
8:30 AM	TURBO KICK (Tatiana)		
9:30 AM		AQUACISE (Tracy)	
SUNDAY			
9:30 AM	90 MINUTE ZUMBA (Lisa)		
11:00 AM	VINYASA FLOW YOGA (Kathy)		