

GROUP EXERCISE MENU

****subject to change without notice****

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Strength Training 6:00a-6:45a Shelley STUDIO		Strength Training 6:00a-6:30a Jane STUDIO		
Forever Strong 8:00a-8:45a Debbie via ZOOM	Cardio Circuit 8:00a-9:00a Helen GYM	Forever Strong 8:00a-8:45a Debbie via ZOOM	Cardio Circuit 8:00a-9:00a Helen GYM	Zumba 9:15a-10:15a Dolores STUDIO	
Yoga 9:15a-10:15a Debbie via ZOOM	Pilates 9:15a-10:15a Debbie STUDIO/ZOOM reserve studio spot	Power Yoga 9:15a-10:15a Patty STUDIO reserve studio spot	Pilates 9:15a-10:15a Debbie STUDIO/ZOOM reserve studio spot	reserve studio spot Kickboxing 9:15a-10:15a Marisa GYM	LES MILLS BODYPUMP 9:00a-10:00a Sharon GYM
LES MILLS BODYPUMP 9:30a-10:30a Laura GYM	High Fitness 9:15am-10:15am Pam GYM	Step Interval 9:15a-10:15a Marisa GYM	Workout with Marisa 9:15a-9:45a GYM	Moving for Life 10:30a-11:30a Claire STUDIO class starts 9/16	9:15a-10:15a Nada STUDIO/ZOOM reserve studio spot
Zumba 11:00a-12:00p Stacey GYM		LES MILLS BODYPUMP 10:30a-11:30a Marisa GYM	LES MILLS BODYPUMP EXPRESS 30 9:50a-10:20a Marisa GYM	reserve studio spot LES MILLS BODYPUMP 10:30a-11:30a Marisa GYM	
				Forever Strong 11:45a-12:45p Marisa STUDIO reserve studio spot	SUNDAY
					Zumba 9:00a-10:00a Stephanie GYM
Zumba 5:15p-6:15p Alexis STUDIO reserve studio spot	Tabata Jam 6:00p-6:45p Pam GYM		Barre None 5:30p-6:25p Helen STUDIO class starts 10/6 reserve studio spot		Yoga 9:30a-10:30a Eileen ZOOM
LES MILLS BODYPUMP 6:30p-7:30p Maria GYM	Yoga Leah 6:00p-7:00p STUDIO reserve studio spot	Yoga 5:30p-6:30p Trish STUDIO reserve studio spot	LES MILLS BODYPUMP 6:30p-7:30p Jessi GYM		Butts and Guts 10:15a-11:15a Blythe STUDIO reserve studio spot