

GROUP EXERCISE MENU

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

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|---|---|---|--|
| | Strength Training 6:00a-6:30a Shelley STUDIO | | Strength Training 6:00a-6:30a Jane STUDIO | | |
| Forever Strong 8:00a-8:45a Debbie STUDIO/ZOOM reserve studio spot | Cardio Circuit 8:00a-9:00a Helen GYM | Forever Strong 8:00a-8:45a Debbie STUDIO/ZOOM reserve studio spot | Cardio Circuit 8:00a-9:00a Helen GYM | Zumba 9:15a-10:15a Dolores STUDIO reserve studio spot | |
| Yoga 9:15a-10:15a Debbie STUDIO/ZOOM reserve studio spot | Pilates 9:15a-10:15a Debbie STUDIO/ZOOM reserve studio spot | Yoga 9:15a-10:15a Patty STUDIO reserve studio spot | Pilates 9:15a-10:15a Debbie STUDIO/ZOOM 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 | Pilates 9:15a-10:15a Nada STUDIO/ZOOM reserve studio spot |
| Zumba 11:00a-12:00p Stacey/ Jody 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 GYM | SUNDAY |
| | | | | | Zumba 9:00a-10:00a Stephanie GYM |
| | | | | | Yoga 9:15a-10:15a Eileen STUDIO reserve studio spot |
| Zumba 5:15p-6:15p Alexis STUDIO reserve studio spot | Tabata Jam 6:00p-6:45p Pam GYM | Yoga 6:00p-7:00p Leah STUDIO reserve studio spot | Yoga 5:25p-6:25p Trish STUDIO reserve studio spot | | Butts and Guts 10:30a-11:30a Blythe STUDIO reserve studio spot |
| LES MILLS BODYPUMP 6:30p-7:30p Maria GYM | Barre None 6:00p-7:00p Kerry STUDIO reserve studio spot | | LES MILLS BODYPUMP 6:30p-7:30p Jessi GYM | | |
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