

# GROUP EXERCISE MENU

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

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