## GROUP EXERCISE MENU \*\*subject to change without notice\*\*

GRO		CISE ME		ibject to change w	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
LESMILLS BODYPUMP	<b>Strength Training</b>		Strength Training		
BODYPUMP EXPRESS 30	6:00a-6:30a		6:00a-6:30a		
6:00a-6:30a	Shelley		Jane		
Jessi	STUDIO		STUDIO		
GYM		Forever Strong			
	Cardio Circuit	8:00a-8:45a	Cardio Circuit		
Forever Strong	8:00a-9:00a	Debbie	8:00a-9:00a		
8:00a-8:45a	Helen	STUDIO/ZOOM	Helen		
Debbie	GYM	reserve studio spot	GYM		Lesmills BODYPUMP
STUDIO/ZOOM	Pilates	Yoga	Pilates	Zumba	
reserve studio spot	9:15a-10:15a	9:15a-10:15a	9:15a-10:15a	9:15a-10:15a	9:00a-10:00a
Yoga	Debbie	Patty	Debbie	Dolores	Sharon
9:15a-10:15a	STUDIO/ZOOM	STUDIO	STUDIO/ZOOM	STUDIO	GYM
Debbie	reserve studio spot High Fitness	reserve studio spot Step	reserve studio spot Workout with	reserve studio spot	<b>Pilates</b> 9:15a-10:15a
STUDIO/ZOOM	9:15am-10:15am	9:15a-10:15a	Marisa	<b>Kickboxing</b> 9:15a-10:15a	9.15a-10.15a Nada
reserve studio spot				9.13a-10.13a Marisa	STUDIO/ZOOM
	Pam	Marisa	9:15a-9:45a		
9:30a-10:30a	GYM	GYM Lesmills	GYM	GYM Marriagrafian Life	reserve studio spot
Laura		<b>BODYPUMP</b>	LESMILLS BODYPUMP	Moving for Life	
GYM		10:30a-11:30a	EXPRESS 30	10:30a-11:30a	
Zumba		Marisa	9:50a-10:20a	Claire	
11:00a-12:00p		GYM	Marisa	STUDIO	
Stacey		Active&Strong	GYM	reserve studio spot  LESMILLS  BODYPUMP	
GYM		11:45a-12:45p	Zumba		
		Marisa	10:30a-11:30a	10:30a-11:30a	SUNDAY
		GYM	Jody	Marisa	Zumba
			GYM	GYM	9:00a-10:00a
				Marisa	Stephanie
				Active&Strong	GYM
				11:45a-12:45p	Yoga
				Marisa	9:15a-10:15a
				GYM	Leah
					STUDIO
7	Course Fit	V	V		reserve studio spot
Zumba	Surge Fit	Yoga	Yoga		Butts and Guts
5:15p-6:15p	6:00p-6:45p	6:00p-7:00p	5:25p-6:25p		10:30a-11:30a
Alexis	Pam	Leah	Trish		Blythe
STUDIO	GYM	STUDIO	STUDIO		STUDIO
reserve studio spot	Barre None		reserve studio spot		reserve studio spot
	6:00p-7:00p	Strength Training			
6:30p-7:30p	Kerry	7:15p-7:45p	6:30p-7:30p		
Maria	STUDIO	Jessi	Jessi		
GYM	reserve studio spot	STUDIO	GYM		
		reserve studio spot			
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					10/2/2023