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

MONDAY	THECDAY	WEDNESDAY		FRIDAY	SATURDAY
MONDAY	TUESDAY	WEDNESDAY	THURSDAY		SATURDAT
	Strength Training			Strength Training	
	6:00a-6:30a Shelley		6:00a-6:30a Jane	6:00a-6:30a Jane	
	STUDIO		STUDIO	STUDIO	
	310010	Forever Strong	310010	310010	
	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		
STUDIO/ZOOM	Pilates	Yoga	Pilates	Zumba	BODYPUMP
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	reserve studio spot	reserve studio spot	reserve studio spot	Pilates
STUDIO/ZOOM	High Fitness	Step	Workout with	Kickboxing	9:15a-10:15a
reserve studio spot	9:15am-10:15am	9:15a-10:15a	Marisa	9:15a-10:15a	Nada
BODYPUMP	Pam	Marisa	9:15a-9:45a	Marisa	STUDIO/ZOOM
9:30a-10:30a	GYM	GYM	GYM	GYM	reserve studio spot
Laura		BODYPUMP	RODYPUMP	BODYPUMP	·
GYM		10:30a-11:30a	EXPRESS 30	10:30a-11:30a	
Zumba		Marisa	9:50a-10:20a	Marisa	
11:00a-12:00p		GYM	Marisa	GYM	
Stacey		Active&Strong	GYM		
GYM		11:45a-12:45p	Zumba	Active&Strong	
		Marisa	10:30a-11:30a	11:45a-12:45p	SUNDAY
		GYM	Jody	Marisa	Zumba
			GYM	GYM	9:00a-10:00a
				Moving for Life	Stephanie
				12:30p-1:30p	GYM
				Claire	Yoga
				STUDIO	9:15a-10:15a
				reserve studio spot	Leah
				-	STUDIO
					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		reserve studio spot
BODYPUMP	6:00p-7:00p	Strength Training	BODYPUMP		
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		1	
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