

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	Strength Training 6:00a-6:30a Jane STUDIO	
	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		
Forever Strong 8:00a-8:45a 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	Zumba 9:15a-10:15a Dolores STUDIO reserve studio spot	LES MILLS BODYPUMP 9:00a-10:00a Sharon GYM
Yoga 9:15a-10:15a Debbie STUDIO/ZOOM reserve studio spot	High Fitness 9:15am-10:15am Pam GYM	Step 9:15a-10:15a Marisa GYM	Workout with Marisa 9:15a-9:45a GYM	Kickboxing 9:15a-10:15a Marisa GYM	Pilates 9:15a-10:15a Nada STUDIO/ZOOM reserve studio spot
LES MILLS BODYPUMP 9:30a-10:30a Laura GYM		LES MILLS BODYPUMP 10:30a-11:30a Marisa GYM	LES MILLS BODYPUMP EXPRESS 30 9:50a-10:20a Marisa GYM	LES MILLS BODYPUMP 10:30a-11:30a Marisa GYM	
Zumba 11:00a-12:00p Stacey GYM		Active&Strong 11:45a-12:45p Marisa GYM	Zumba 10:30a-11:30a Jody GYM	Active&Strong 11:45a-12:45p Marisa GYM	SUNDAY
				Moving for Life 12:30p-1:30p Claire STUDIO reserve studio spot	Zumba 9:00a-10:00a Stephanie GYM
Zumba 5:15p-6:15p Alexis STUDIO reserve studio spot	Surge Fit 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		Yoga 9:15a-10:15a Leah STUDIO reserve studio spot
LES MILLS BODYPUMP 6:30p-7:30p Maria GYM	Barre None 6:00p-7:00p Kerry STUDIO reserve studio spot	Strength Training 7:15p-7:45p Jessi STUDIO reserve studio spot	LES MILLS BODYPUMP 6:30p-7:30p Jessi GYM		Butts and Guts 10:30a-11:30a Blythe STUDIO reserve studio spot