



October

Group Exercise Schedule

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
5:30-6:30 Indoor Cycling Jamie	6:00-7:00 Core strength Vinyasa Yoga Daniela	5:30-6:30 Indoor Cycling Jamie	6:00-7:00 Core strength Vinyasa Yoga Daniela	5:30-6:30 Indoor Cycling Ben
6:00-6:45 Zumba Irene	8:00-8:40 Pump N Flex Chris	6:00-6:45 Zumba Irene	8:00-8:45 Pump N Flex Chris	8:15-8:55 Cardio Mix Sharon
8:00-8:45 Zumba Irene	8:45-9:35 Yoga Chris	8:15-8:55 Step/Cardio Mix Sharon/Annie	8:45-9:35 Yoga Chris	8:15-9:15 Pure Energy -H2O Ben
8:15-9:15 Pure Energy -H2O Ben	9:00-11:00 Pickle Ball In gym	8:15-9:15 Pure Energy -H2O Ben	9:00-11:00 Pickle Ball Rotating Instructors	9:00-9:55 Sculpt/ Kettle bell Mix Sharon
9:15-9:55 Sculpt & Stretch Sharon	9:30-10:30 Indoor Cycling Sarah	9:15-9:55 Hardcore Sharon	9:30-10:30 Indoor Cycling Rotating Teachers	9:00-11:00 Pickle Ball In Gym
9:00-9:55 Yoga Cindee	Sarah takes over Aug. 21 st	9:00-9:55 Yoga Annie	9:40-10:20 Zumba Annie	10:00-10:45 Zumba Annie
10:00-10:40 Kettle Bells Sharon	9:40-10:20 Zumba Chris	10:00-10:45 Piloxing *New Class	10:00-11:00 Power Up-H2O Leslie	10:45-11:45 Yoga Golden
10:45-11:45 Therapeutic Yoga Annie	10:00-11:00 Power Up-H2O Leslie	11:00-11:45 Ground Zero -H2O Ben	10:45-11:30 Silver Sneakers Annie/Lisa	11:00-11:45 Ground Zero -H2O Ben
11:00-11:45 Ground Zero -H2O Ben	10:45-11:30 Silver Sneakers Annie/Lisa			<u>Saturday</u>
4:00p.m. Kid's Yoga -Karen	5:15-6:00 Kettle bells (*Bring Mat) Bekah	6:15-8:00 Pickle Ball In Gym	8:00-11:00 Pickle Ball (gym)	8:00-11:00 Pickle Ball (gym)
5:30-6:15 Kettle Bells (Bring a mat) Bekah	5:30-6:30 Power Hour -H2O Leslie	5:30-6:30 Indoor Cycling Sarah	9:15-10:15 Indoor Cycling Rotating Instructors	9:15-10:15 Indoor Cycling Rotating Instructors
5:30-6:30 Indoor Cycling Rotating Instructors		5:30-6:25 Zumba Jacqueline	10:30-11:30 Yoga Rotating Instructors	10:30-11:30 Yoga Rotating Instructors
6:30-7:30 Evening Yoga Chris		6:30-7:30 Core Strength Vinyasa Yoga Daniela	5:15-6:00 Kettle bells (Bring Mat) Bekah	10:00-11:00 Weekend Warrior H2O Rotating Instructors