

Group Exercise Schedule

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

5:15am 6:00am	5:15am Spin Terry		5:15am Spin/Core & More Terry		6am ACT Fitness Floor Edwin	
8:15am 8:30am	8:15am Ladies Circuit Conditioning- Regina	8:15am Extreme! - George	8:15am Ladies Circuit Conditioning - Regina 8:30am ACT- Fitness Floor- Edwin	8:15am Pilates Core Lauren	8:15am Ladies Circuit Conditioning- Heather 8:30a ACT- Fitness Floor Edwin	8:30am Zumba- Vicki
9:15am 9:30am	9:15am Extreme! - George	9:15am Line Dancing- Vicki	9:30am Functional Stretch/Balance Vicki	9:15am Line Dancing- Vicki	9:15am Pilates Conditioning- Mary	
10:05am 10:15am	10:05am T'ai Chi Chih- Stephen	10:05am Gentle Yoga- Susan		10:05am Gentle Yoga- Susan	10:15am T'ai Chi Chih Stephen	
11:00am	11:00am Chair Yoga Mary Jane		11:00am Chair Yoga/Stretch JR		11:00am Momentum JR	
Noon		Noon Zumba- Vicki	Noon Step/Plus Vicki	Noon Zumba Toning Vicki		
4:00pm		4:00pm Body Barre Regina		4:00pm Body Barre Jennifer		
4:45pm	4:45pm Muscle Cut Lallie	4:45pm Zumba- Vicki		4:45pm Zumba- Vicki		
5:00pm 5:30pm 6:00pm	5:30pm Extreme! George	5:30pm Spin/Core & More Vickie	5:00pm Pilates Conditioning- Mary			Revised Sept. 2026