

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/Edwin on Fitness Floor	
8:15am 8:30am	Ladies Circuit Conditioning- Regina	Extreme! - George		8:15am Pilates Core Lauren	Ladies Circuit Conditioning- Heather ACT-Fitness Floor- Edwin	Zumba- Vicki
9:15am 9:30am	Extreme! - George	Line Dancing- Vicki	9:30am Functional Fitness/ Vicki	Line Dancing- Vicki	Pilates Conditioning- Mary	
10:05am	T'ai Chi Chih- Ron	Gentle Yoga- Susan		Gentle Yoga- Susan	*10:15am T'ai Chi Chih- Ron	
11:00am	Chair Yoga Judith		Chair Yoga Mary Jane			
Noon	Circuit Class Vicki	Zumba- Vicki		Zumba Toning Vicki		
4:00pm		Body Barre Regina		Body Barre Heather		
4:45pm	Muscle Cut Lallie	Zumba- Vicki		Zumba- Vicki		
5:00pm 5:30pm	5:30pm Extreme! George	5:30pm Spin & More Terry	5:00pm Pilates Conditioning- Mary	6pm-8pm Tansu		Revised July 2024