GROUP EXERCISE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	7:45-8:45am (BG) Zumba®+ Lift Andrea Cost: $40/$65		7:45-8:45am (BG) Zumba®+ Lift Andrea Cost: $40/$65		7:30-9:00am (BG) Zumba®+ Lift Varies
8:00am (CC) Cycle Together Patti		8:00am (CC) Cycle Together Patti		8:00am (CC) Cycle Together Patti	
8:45am (MG) Active Older Adults Nancy	9:15am (CR) Yoga Fit Linda	8:45am (MG) Active Older Adults Nancy	9:15am (CR) Yoga Fit Linda	9:15am (CR) Flexible Friday Yoga - Linda	
9:15am (BG) Dance Fitness Laura	9:15am (BG) STEP Aerobics Christine	9:15am (BG) Zumba® Grace	9:15am (BG) STEP Aerobics Christine	9:15am (BG) Dance Fitness Laura	
9:15am (CR) Line Dancing Ray (Starts 9/14)		9:15am (CR) Yoga Fit Mary			
10:30am (BG) Circuit Lab Chrissy	10:30am (BG) Sit or Stand Holly	10:30am (BG) Functional Fitness Varies	10:30am (BG) Sit or Stand Holly	10:30am (BG) Functional Fitness Varies	
10:30am (CR) Sculpt Addie	10:30am (CR) Barre Elizabeth	10:30am (CR) Line Dancing Marcia		11:45am (CR) Mommy & Me Brittany Cost: $10/$40	**SUNDAY**
		4:15pm (CR) Mommy & Me Brittney Cost: $10/$40			1:00pm (BG) Zumba® Janette
5:30pm (BG) Zumba® Jennifer	5:30pm (BG) Circuit Lab Chrissy	5:30pm (BG) Zumba® Grace	5:30pm Circuit Lab Chrissy	5:30pm (BG) Zumba® Grace	
	6:00-7:00 (CR) TaeKwonDo BEG Ethron Cost: $35/$70	5:30pm (CR) Yoga Mary	6:00-7:00 (CR) TaeKwonDo BEG Ethron Cost: $35/$70		
	7:00-8:00 (CR) TaeKwonDo Ethron Cost: $35/$70		7:00-8:00 (CR) TaeKwonDo Ethron Cost: $35/$70		

BG = Back Gym **MG = Main Gym** **CR = Cascade Room** **CC = Cycle Core Room**

****Note Schedule Subject to Change****

Look for class descriptions on previous page. Classes with costs require preregistration.