

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		8:00-9:30am (BG) Zumba®+ Lift Varies
8:00am (CC) Cycle Together Patti	8:00am (CC) Cycle Janette (30 Min)	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) Latin Dance Laura	9:15am (BG) STEP Aerobics Christine	9:15am (BG) Zumba® Grace	9:15am (BG) STEP Aerobics Christine	9:15am (BG) Latin Dance 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			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.

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