

GROUP EXERCISE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00am (BG) Strong by Zumba Rachel		5:30am (BG) Mixed Resistance Loreen	5:30am (BG) Cardio Sculpt Loreen		
		6:00am (CR) Strong by Zumba Rachel		6:00am (FS) Cycle Core PJ	
8:45am (MG) Active Older Adults Nancy		8:45am (MG) Active Older Adults Nancy		8:45am (MG) Active Older Adults Chris	8:15am (BG)  Andrea
9:00am (BG)  Andrea	9:00am (BG)  Laura	9:00am (BG)  Julia	9:00am (BG)  Laura	9:00am (BG)  Varies	
9:00am (CR) Yoga Fit Mary	9:00am (CR) Yoga Fit Mary	9:00am (CR) Body Sculpt Tiffany	9:00am (CR) Yoga Fit Mary	9:00am (CR) Cardio Kickboxing Tiffany	
10:15am (CR) 30 Minute Core Julie		10:15am (CR) 30 Minute Core Nancy	10:30am (CR) Barre Sculpting Tiffany	10:15am (CR) 30 Minute Core Tiffany	
	10:15am (BG) Sitter-cize Holly	10:15am (BG) Silver & Fit Experience—Holly	10:15am (BG) Sitter-cize Holly	10:15am (BG) Silver & Fit Experience—Holly	
		11:00am (CR) Totally Fit Yoga Gentle Flow Kristina	11:15am (CR) High Fit Jan 17–Mar 21 Melissa	11:00am (CR) Totally Fit Yoga Gentle Flow Kristina	
		12:30pm (BG) Tai Chi Jan 2–Mar 29 Holly		12:30pm (BG) Tai Chi Jan 2–Mar 29 Holly	
			3:00pm (CT) Chair Stretch & Strengthen Shawna		
5:00pm (BG)  Jennifer		5:00pm (BG)  Jennifer			
5:30pm (CR) Pop Pilates Jan 14–Mar 25 April	5:30pm (CR) Yoga Fit Mary		5:30pm (CR) Yoga Fit Mary		
5:30pm (FS) Cycle Core April	5:30pm (FS) Cycle Core PJ		5:30pm (FS) Cycle Core April		

BG = Back Gym MG = Main Gym CR = Cascade Room FS = Fireside Room CT = Coffee Time Room

****Note: Schedule Subject to change.****