

GROUP EXERCISE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		5:30am (BG) Mixed Resistance Loreen	5:30am (BG) Cardio Sculpt Loreen		
	6:00am (BG) Boot Camp Open			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	8:30am (BG)  Andrea
9:00am (BG)  Andrea	9:00am (BG)  Laura	9:00am (BG)  Andrea	9:00am (BG)  Laura	9:00am (BG)  Varies	
9:00am (CR) Yoga Fit Mary	9:00am (CR) Yoga Fit Mary	9:00am (CR) Beg. Vinyasa Yoga Amy	9:00am (CR) Yoga Fit Mary	9:00am (CR) Barre Elizabeth Starting Jan. 24th	
10:15am (CR) 45 Minute Core Julie		10:15am (CR) 45 Minute Core Nancy		10:15am (CR) 45 Minute Core Ellie	
	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	
		11:15am (CR) Slow Flow Yoga Elena		11:15am (CR) Slow Flow Yoga Elena	
	3:00pm (CT) Chair Yoga Shawna		3:00pm (CT) Chair Yoga Shawna		
5:00pm (BG)  Jennifer		5:00pm (BG)  Jennifer	5:30pm (FS) Cycle Core April		
5:30pm (FS) Cycle Core April	5:30pm (CR) Yoga Fit Mary		5:30pm (CR) Yoga Fit Mary		
	6:45pm (CR) TaeKwon-DO		6:45pm (CR) TaeKwon-DO		

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

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