

# 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 (BG) 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)  ZUMBA Andrea
9:00am (BG)  ZUMBA Andrea	9:00am (BG)  ZUMBA Laura	9:00am (BG)  ZUMBA Julia	9:00am (BG)  ZUMBA Laura	9:00am (BG)  ZUMBA 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)  ZUMBA Jennifer		5:00pm (BG)  ZUMBA 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.\*\***