

Group Exercise Schedule

Effective June 1, 2011

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|------|--|---|--|---|--|----------------------------|
| a.m. | Yoga Flow 6:15- 6:45 | Body Sculpt 6:15- 6:45 | Zumba Express 6:15- 6:45 | | | |
| | Gentle Yoga 9:30- 10:25 | | Tai Chi 9- 10:15 | Gentle Yoga 9:30- 10:25 | | |
| | Stretch, Strength, & Balance 10:30-11:15 | Pilates 10-11:15 | Stretch, Strength, & Balance 10:30-11:15 | | Pilates 10- 11:15 | Yoga 9:30- 10:45 |
| p.m. | Zumba 12- 12:45 | Yoga Flow 12- 12:30 | Zumba 12- 12:45 | Body Sculpt 12-12:30 | Zumba 12- 12:45 | |
| | Aqua I 1- 1:45 Rehab Pool | Supervised Pool Time 3:30- 4:15 | Aqua I 1- 1:45 Rehab Pool | Stretch, Strength, & Balance 2- 2:45 | | |
| | | Aqua II 4:30- 5:15 | | Supervised Pool Time 4- 6 Must be out of pool facility by 6:15 | | |
| | Group Cycle 4:30-5:15 | Zumba Toning 4:30- 5:15 | Group Cycle 4:30-5:15 | Zumba 4:30- 5:15 | Zumba Toning 4:30- 5:15 | |
| | Body Sculpt 5:25- 5:55 | Yoga 5:30- 6:45 | Core Fusion 5:25-6:10 | Abs & Back 5:25- 5:40 | | |
| | Zumba 6:05- 6:50 | | Group Cycle Express 6:15- 6:45 | Yoga 6:00- 7:15 | CARDIO BASED CLASS MIND/BODY BASED CLASS MUSCLE TONING/STRENGTHENING CLASS WATER EXERCISE CLASS | |

Those who are 5 minutes late will not be admitted due to concerns about improper warm-up injuries and class disruption.

Classes may be discontinued due to poor attendance; please see group exercise bulletin board for classes at risk of being cancelled.