

Current Group Exercise Schedule

Monday		Tuesday	Wednesday	Thursday	Friday	Saturday
a.m.	Pilates / Body Sculpt 6:15-7:00		Zumba 6:15- 7:00			
	Gentle Yoga 9:30- 10:25	Yoga I 9:00-9:55	Tai Chi 9- 10:15	Gentle Yoga 9:30- 10:25	Yoga I 9:00-9:55	Zumba 9-9:45
	Stretch, Strength, & Balance 10:35-11:20	Pilates 10-11:15	Stretch, Strength, & Balance 10:35-11:20		Pilates 10- 11:15	Yoga 10-11:15
p.m.	Zumba® 12- 12:45		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- 4:30	Aqua I 1- 1:45 Rehab Pool	Stretch, Strength, & Balance 2- 2:45	Workout of the Week Pick a sheet up at the front desk with a suggested cardio workout. There is also a weekly strength workout posted on the wall in the strength training area.	
		Aqua II 4:30- 5:15	Aqua class members must be out of pool facility by 30 minutes after the class.	Supervised Pool Time 3:30- 5:00		
				Aqua II 5:00-5:45		
	Group Cycle 4:30-5:15	Zumba Toning® 4:30- 5:15	Group Cycle 4:30-5:15	Cardio Combo 4:30-5:15	Zumba Toning 4:30- 5:15	
	Body Sculpt 5:25- 6:10		Body Sculpt 5:25-6:10	Zumba 5:25-6:10		
Zumba 6:15- 7:00	Yoga I 6:15-7:15	Group Cycle Express 6:15- 6:45	Yoga 6:15- 7:30	CARDIO BASED CLASS MIND/BODY BASED CLASS MUSCLE TONING/STRENGTHENING CLASS WATER EXERCISE CLASS		
Intro to Group Cycle – New to group cycle? Sign up at our front desk for one of our introductory sessions which include instruction on bike setup and guidance through group cycle ride profiles. ■Tuesday, October 16, 5:35-6:05p.m. ■Tuesday, November 13, 5:35-6:05p.m. ■Tuesday, December 11, 5:35-6:05p.m.						
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.			