

Group Exercise Schedule

Effective May 2, 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 Rehab Pool		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.