




# GROUP EXERCISE

## for January, February, and March 2020



MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS	SATURDAYS
Spin (M) 5:40-6:40am Chris		Spin (M) 5:45-6:45am Lisa		Spin (M) 5:45-6:45am Lisa	
	Cardio Interval Training (M) 8:15-9:00am Fitness Staff	Zumba Gold (L) 9:30-10:30am Vicki	Express Cardio HIIT (H) 8:30-9:00am Fitness Staff		Spin (M) 8:30-9:30am Lisa
PiYo (M) 9:30-10:30am Heather	Tai Chi (L) 8:30-9:30am Larry	Tabata, Core & More (H) 9:30-10:30am Heather	Tai Chi (L) 8:30-9:30am Larry	Morning HIIT (H) 9:30-10:30am Heather	Zumba Toning (M) 8:30-9:30am Connie
Zumba (M) 9:30-10:30am Vicki	Zumba Gold Toning (L) 9:30-10:30am Vicki	Flow Yoga (L) 10:00-11:00am Jennifer	Strength & Toning (M) 9:30-10:30am Vicki	Yogalates (L) 9:30-10:30am Vicki	Bootcamp (M) 9:45-10:30am Fitness Staff
Silversneakers Classic (L) 11:00am-12:00pm Vicki	Silversneakers Stability (L) 11:00am-12:00pm Vicki	Silversneakers Classic (L) 11:00am-12:00pm Vicki	Silversneakers Yoga (L) 11:00am-12:00pm Vicki	Silversneakers Cardio Circuit (L) 11:00am-12:00pm Vicki	<p><b>KEY:</b> L= Low Impact M= Moderate Impact H= High Impact</p> <p>All classes listed here are free for all of our members.</p> <p>\$5 Drop in for Non members</p> 
	Express Cardio HIT (H) 5:00-5:30pm Fitness Staff	Express HIIT (H) 5:00-5:30pm Fitness Staff	Express Tabata (H) 5:00-5:30pm Fitness Staff		
Bootcamp Spin Fusion (M) 5:30-6:30pm Chris	Express Bootcamp (M) 5:30-6:00pm Fitness Staff	Express Sculpt & Tone (M) 5:30-6:00pm Fitness Staff	Express 10:10:10 (M) 5:30-6:00pm Fitness Staff		
Pilates & Barre Fusion (L) 6:15-7:15pm Angel	PiYo (M) 6:15-7:15pm Heather	Pilates & Barre Fusion (L) 6:15-7:15pm Angel	Zumba (M) 6:15-7:15pm Renee		
	Spin (M) 6:30-7:30pm Laura		Beginner Yoga (L) 6:15-7:15pm Jennifer		
Flow Yoga (L) 7:30-8:30pm Angel	Zumba Toning (M) 7:30-8:30pm Connie	Flow Yoga (L) 7:30-8:30pm Angel	Spin (M) 6:30-7:30pm Laura		