

Group Exercise Schedule

Monday Tuesday Wednesday Thursday Friday Saturday

5:00am 5:15am 6:00am	5:15am Spin Terry	5am Strong Vicki	5am Step Plus Terry	5am Turbo Kick Vicki	6am ACT Fitness Floor Edwin	7:15am PiYo Vicki
8:30am	Ladies Circuit Conditioning- Regina	Extreme! - George	Pilates-Core Lauren		Ladies Circuit Conditioning- Heather ACT- Fitness Floor Edwin	Zumba- Paula
9:15am 9:30am	Extreme! - George	Lite Dancing- Vicki		Lite Dancing- Vicki	Pilates Conditioning Mary	
10:05am	T'ai Chi Chih Ron	Gentle Yoga- Susan		Gentle Yoga- Susan	*10:15am T'ai Chi Chih- Ron	
11:00am	Chair Yoga Judith		Chair Yoga Mary Jane			
Noon		Zumba- Vicki		Zumba Toning Vicki		
4:00pm		Body Barre Megan	Cardio Barre Stretch Megan	Body Barre Megan		
4:45pm	Muscle Cut Lallie	Zumba- Vicki		Zumba- Vicki		
5:00pm 5:30pm	5:30pm Extreme! George	5:30pm Spin & More Caley	5:00pm Pilates Conditioning Mary	5:30pm Spin & More Andrea		Revised 9/1/2021