

STUDIO A

08/01/19-09/01/19



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
POWER HOUR CYCLE 6:00am-7:00am Justine	TABATA CYCLE 6:30am-7:00am Tony	POWER HOUR CYCLE 6:00am-7:00am Justine	TABATA CYCLE 6:30am-7:00am Tony	POWER HOUR CYCLE 6:00am-7:00am Justine	CYCLE FIT 7:45am-8:45am Justine
	CYCLE FIT 8:25am-8:55am Justine		CYCLE FIT 8:25am-8:55am Justine		BODYPUMP 9:00am-10:10am Susan

TABATA CYCLE

6:00pm-6:30pm
Kim

BEGIN TO CYCLE

6:40pm-7:10pm
Kim

BODYPUMP

7:15pm-8:00pm
Susan

DANCE2FIT

6:00pm-7:00pm
Missy

BODYPUMP

7:15pm-8:00pm
Susan

STUDIO B

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
YOGA 6:00am-7:00am Carole	GROUP STRENGTH 5:30am-6:15am Tony	YOGA 6:00am-7:00am Carole	GROUP STRENGTH 5:30am-6:15am Tony	YOGA 6:00am-7:00am Carole	
KICKFIT 9:15am-9:45am Laura		KICKFIT 9:15am-9:45am Laura			YOGA BEGIN 9:15am-10:00am Carole
SPEED 9:50am-10:10am Laura	YOGA 9:30am-10:30am Justine	SPEED 9:50am-10:10am Laura	YOGA 9:30am-10:30am Justine		

YOGA
5:30pm-6:30pm
Justine

CORE
5:30pm-5:45pm
Larwan

YOGA
5:30pm-6:30pm
Justine

CORE
5:30pm-5:45pm
Larwan

POUND
6:45pm-7:30pm
Erin

GROUP STRENGTH
5:50pm-6:15pm
Larwan

GROUP STRENGTH
5:50pm-6:15pm
Larwan

SUMMER GROUP EXERCISE SCHEDULE

AGE REQUIREMENTS:

- **Ages 12 to 15**
A parent or guardian, 18 years or older, must be present with children in the Cardio fitness area and a waiver must be on file.
- **Ages 16-17**
May use Fitness area without parent present but must have a waiver on file.

