

STUDIO A

01/09/21-01/31/21



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
POWER HOUR CYCLE 6:00am-7:00am Justine		POWER HOUR CYCLE 6:00am-7:00am Justine		POWER HOUR CYCLE 6:00am-7:00am Justine	CYCLE FIT 7:45am-8:45am Justine
DANCE2FIT 9:30am-10:30am Missy					BODYPUMP 9:00am-10:10am Susan

DANCE2FIT
6:00pm-7:00pm
Missy

BODYPUMP 7:15pm-8:00pm Susan	BODYPUMP 7:15pm-8:00pm Susan
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STUDIO B

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
YOGA 6:00am-7:00am Carole	GROUP STRENGTH 5:30am-6:15am Justine	YOGA 6:00am-7:00am Carole	GROUP STRENGTH 5:30am-6:15am Justine	YOGA 6:00am-7:00am Carole	
	YOGA 9:30am-10:30am Justine		YOGA 9:30am-10:30am Justine		YOGA BEGIN 9:15am-10:00am Carole

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	

WINTER 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.

