

## STUDIO A

8/1/20-9/5/20



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>POWER HOUR CYCLE</b> 6:00am-7:00am Justine	<b>GROUP STRENGTH</b> 5:30am-6:15am Tony	<b>POWER HOUR CYCLE</b> 6:00am-7:00am Justine	<b>GROUP STRENGTH</b> 5:30am-6:15am Tony	<b>POWER HOUR CYCLE</b> 6:00am-7:00am Justine	<b>CYCLE FIT</b> 7:45am-8:45am Justine
	<b>TABATA CYCLE</b> 6:30am-7:00am Tony		<b>TABATA CYCLE</b> 6:30am-7:00am Tony		
<b>DANCE2FIT</b> 9:30am-10:30am Missy	<b>CYCLE FIT</b> 8:25am-8:55am Justine		<b>CYCLE FIT</b> 8:25am-8:55am Justine		<b>BODYPUMP</b> 9:00am-10:10am Susan
<b>TABATA CYCLE</b> 6:00pm-6:30pm Kim		<b>DANCE2FIT</b> 6:00pm-7:00pm Missy		<b>BODYPUMP</b> 7:15pm-8:00pm Susan	
<b>BEGIN TO CYCLE</b> 6:40pm-7:10pm Kim					
<b>BODYPUMP</b> 7:15pm-8:00pm Susan					

## 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.

## STUDIO B

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>YOGA</b> 6:00am-7:00am Carole		<b>YOGA</b> 6:00am-7:00am Carole		<b>YOGA</b> 6:00am-7:00am Carole	
	<b>YOGA</b> 9:30am-10:30am Justine		<b>YOGA</b> 9:30am-10:30am Justine		<b>YOGA BEGIN</b> 9:15am-10:00am Carole
<b>YOGA</b> 5:30pm-6:30pm Justine	<b>CORE</b> 5:30pm-5:45pm Larwan	<b>YOGA</b> 5:30pm-6:30pm Justine	<b>CORE</b> 5:30pm-5:45pm Larwan		
	<b>GROUP STRENGTH</b> 5:50pm-6:15am Larwan		<b>GROUP STRENGTH</b> 5:50pm-6:15am Larwan		

