

## STUDIO A

### Monday

**POWER HOUR  
CYCLE**  
6:00am-7:00am  
Justine

**DANCE2FIT**  
9:30am-10:30am  
Missy

### Tuesday

**TABATA  
CYCLE**  
6:30am-7:00am  
Justine

### Wednesday

**POWER HOUR  
CYCLE**  
6:00am-7:00am  
Justine

### Thursday

**TABATA  
CYCLE**  
6:30am-7:00am  
Justine

04/01/21-05/03/21

### Friday

**POWER HOUR  
CYCLE**  
6:00am-7:00am  
Justine

### Saturday

**CYCLE  
FIT**  
7:45am-8:45am  
Justine

**BODYPUMP**  
9:00am-10:10am  
Susan

**BODYPUMP**  
7:15pm-8:00pm  
Susan

**DANCE2FIT**  
6:00pm-7:00pm  
Missy

**BODYPUMP**  
7:15pm-8:00pm  
Susan

## STUDIO B

### Monday

**YOGA**  
6:00am-7:00am  
Carole

### Tuesday

**GROUP  
STRENGTH**  
5:30am-6:15am  
Justine

### Wednesday

**YOGA**  
6:00am-7:00am  
Carole

### Thursday

**GROUP  
STRENGTH**  
5:30am-6:15am  
Justine

### Friday

**YOGA**  
6:00am-7:00am  
Carole

### Saturday

**YOGA BEGIN**  
9:15am-10:00am  
Carole

**YOGA**  
9:30am-10:30am  
Justine

**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



# SPRING 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.

