



Group Exercise Class Schedule

Updated 9/26/2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00a – 10:15a Yoga w/ Nancy	9:30a – 10:30a Zumba w/ Sue	8:30a – 9:30a TBS w/ Sue ONLINE CLASS	9:30a – 10:30a Zumba w/ Sue OUTSIDE CLASS	9:30a – 10:15a Silver Sneakers Cardio w/Laura	9:15a – 10:15a Barre w/ Michele ONLINE CLASS
10:00a – 11:00a Walking w/Laura @ the LAKEFRONT	10:00a – 10:45a Aqua Fit w/ Tracy IN POOL	9:30a – 10:15a Balance w/ Laura	10:00a – 10:45a Aqua Fit w/ Tracy IN POOL		
	11:00-11:45a Silver Sneakers Cardio w/Laura	11:00a – 11:45a Aqua Zumba w/ Kristal			
5:45p-6:45p Spin w/Donna	5:15p – 6:00p Aqua Fit w/ Tracy IN POOL	5:45p – 6:45p Xcellerate w/ Tiff			
	5:45p – 6:45p TRX w/ Tiff				