



Group Exercise Class Schedule

Updated 9/15/2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00a – 10:15a Yoga w/ Nancy	6:15a – 7:15a Barre w/Arlene ONLINE CLASS	8:30a – 9:30a TBS w/ Sue ONLINE CLASS	6:15a – 7:15a Barre w/Arlene OUTSIDE CLASS	6:15a – 7:15a HIIT w/ Arlene ONLINE CLASS	8:00a – 9:00a HIIT w/Arlene @ the Lakefront
10:00a – 11:00a Walking w/Laura @ the LAKEFRONT	9:30a – 10:30a Zumba w/ Sue	9:30a – 10:30a Balance w/ Laura	9:30a – 10:30a Zumba w/ Sue OUTSIDE CLASS	9:30a – 10:30a Silver Sneakers Cardio w/Laura	9:15a – 10:15a Barre w/ Michele ONLINE CLASS
	10:00a – 11:00a Aqua Fit w/ Tracy IN POOL	11:00a – 12:00p Aqua Zumba w/ Kristal	10:00a – 11:00a Aqua Fit w/ Tracy IN POOL		
	5:15p – 6:15p Aqua Fit w/ Tracy IN POOL	5:45p – 6:45p Xcellerate w/ Tiff			
	5:45p – 6:45p TRX w/ Tiff				