



Group Exercise Class Schedule

updated 4/8/2021

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00a – 10:15a Yoga w/ Nancy	9:30a – 10:30a Zumba w/ Sue	9:00a – 9:45a TBS w/ Sue			
11:00a – 11:45a Silver Sneakers w/Laura	11:00a – 11:45a Silver Sneakers w/Laura	10:15a – 11:00a Balance w/ Laura	11:00a – 12:00p Zumba w/ Sue	11:00a – 12:00p Silver Sneakers Yoga w/ Karen	9:30a-10:30a Yoga w/ Karen
12:30p – 1:15p Open Gym	12:30p – 1:15p Open Gym	12:30p – 1:15p Open Gym	12:30p – 1:15p Open Gym	12:30p – 1:15p Open Gym	11:00a – 11:45a Open Gym
5:45p – 6:45p Indoor Cycling w/ Donna	5:45p – 6:45p TRX w/ Tif	5:45p – 6:45p Xcellerate w/ Tif			