

GROUP FITNESS SCHEDULE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30am-9:20am POUND JULIE RM 3		6:45am-7:30am EXPRESS SPIN KATHY Spin Studio	8:00am-9:30am MORNING YOGA NAV RM 54	6:45am-7:30am BOOT CAMP KATHY RM 4	7:00am-8:30am COMMUTER YOGA MICHELLE RM 54	
8:30am-9:30am SPIN JODI Spin Studio	8:00am-9:30am MORNING YOGA NAV RM 54	8:30am-9:45am YOGA NAV RM 54	8:00am-9:30am HIIT RJ GYM-1	9:00-10:00AM STRETCH & TONE LAURA RM 3		8:00am-9:30am HIIT RJ GYM1
9:30am-10:30am SPIN JODI Spin Studio	8:00am-9:30AM HIIT RJ GYM-1	9:00am-10:00am STRETCH & TONE LAURA RM 3	9:00am-10:00am ZUMBA ADRIANNA RM 3	10:00am-11:00am FITNESS CENTER ORIENTATION ROB	9:00am-10:00am 30/30 DAWN Room 3 	8:00am-8:45am SPIN KATHY Spin Studio
9:30am-10:30am ZUMBA LAURA RM 3	9:00am-10:00am ZUMBA ADRIANNA RM 3	10:15am-11:15pm Y-CERCISE LAURA RM 3	9:30am-10:30am SPIN DAWN Spin Studio 	10:15am-11:45am YOGA ELAINE RM 54	10:15am-11:15am RAISING THE BARRE LAURA RM 3	9:00am-9:45am MAT PILATES KATHY RM 54
10:00am-11:30am YOGA MICHELLE RM 54	10:00am-11:00am RAISING THE BARRE LAURA RM 3	10:15am-11:45am YOGA ELAINE RM 54	10:15am-11:15am TAI CHI REGINA RM 54	11:00am-12:00pm SENIOR SHAPE UP LAURA RM 3	11:15am-12:15pm ZUMBA LAURA RM 3	10:00am-11:00am FAMILY YOGA NAV RM 54 
	10:15am-11:15am TAI CHI REGINA RM 54	9:00am-10:00am 30/30 DAWN GYM 1 	11:00am-12:00pm SENIOR SHAPE UP LAURA RM 3			9:00am-10:00am SPIN DAWN Spin Studio 
	11:10pm-12:10pm SENIOR SHAPE UP ANN RM 3	1:00pm-2:00pm FITNESS CENTER ORIENTATION ARNIE	6:00pm-7:00pm FITNESS CENTER ORIENTATION ALEX			
	5:00pm-6:00pm BOOT CAMP RJ RM 54	5:00pm-6:00pm BODY BLAST JULIE RM 3	6:00pm-7:00pm SPIN JODI Spin Studio			
	6:00pm-7:00pm Y-CERCISE LAURA RM 3	6:00pm-7:00pm RAISING THE BARRE LAURA RM 3	6:00pm-7:00pm Y-CERCISE LAURA RM 3	6:00pm-7:00pm RAISING THE BARRE LAURA RM 3		Free Babysitting Sunday: 8am-12pm Monday: 4pm- 8pm Wednesday: 4pm- 8pm Saturday: 8am-12 pm
	6:30pm-7:15pm CARDIO KICKBOXING KATHY RM 4		7:00pm-8:30pm YOGA MICHELLE RM 54	6:00pm-7:30pm YOGA NAV RM 54		
	6:45pm-7:45pm PILATES MELISSA RM 54 	7:00pm-8:00pm ZUMBA LAURA RM 3		7:00pm-8:00pm ZUMBA LAURA RM 3		
	7:05pm-8:05pm TAP DANCE LAURA RM 3			8:00pm-9:00pm TRX RJ RM 3		
2/24/2020	7:30pm-8:30pm SPIN JODI Spin Studio					

