

OUTDOOR

Group Fitness Classes

SCHEDULE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
POUND 8:30-9:00 am	HIIT 8:00-8:45 am	SPIN n' SCULPT 9:30-10:30 am	MORNING YOGA 8:15-9:15 am	30min SPIN/ 30min STRENGTH 9:30-10:30 am	SPIN 8:00-9:00 am	SPIN 9:00-10:00 am
SPIN 8:30-9:30 am 10:00-11:00 am	SR. SHAPE UP 11:15 am-12:15 pm	STRETCH & TONE 10:30-11:30 am	ZUMBA 10:30-11:30 am	STRETCH & TONE 10:30-11:30 am		STRENGTHEN & LENGTHEN 10:30-11:30 am
ZUMBA 9:30-10:30 am	Y-SERCISE 6:00-7:00 pm	ZUMBA 6:00-7:00 pm	SPIN 6:00-7:00 pm	EVENING YOGA 6:00-6:45 pm		