

# Group Fitness Classes Schedule

## INDOOR\* | OUTDOOR\* | VIRTUAL\*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>SPIN</b> 8:00-9:00 am Instructor: Jodi	<b>SPIN n' SCULPT</b> 9:00-9:45 am Instructor: Dawn	<b>GENTLE YOGA</b> 8:15-9:15 am Instructor: Nav	<b>MORNING YOGA</b> 8:30-9:45 am Instructor: Nav	<b>SPIN n' SCULPT</b> 8:00-9:00 am Instructor: Dawn	<b>HATHA YOGA</b> 8:00-9:00 am Instructor: Michelle	<b>HIIT</b> 8:00-8:45 am Instructor: Dawn
<b>SPIN</b> 9:30-10:30 am Instructor: Jodi	<b>YOGA FLOW</b> 8:30-9:45 am Instructor: Nav	<b>SPIN n' SCULPT</b> 9:30-10:30 am Instructor: Dawn	<b>30 / 30</b> 9:30-10:30 am Instructor: Jodi	<b>SR. SHAPE UP</b> 9:30-10:15 am Instructor: Laura	<b>SPIN n' SCULPT</b> 8:00-9:00 am Instructor: Jodi	<b>SPIN</b> 9:00-10:00 am Instructor: Dawn
<b>ZUMBA</b> 9:00-9:50 am Instructor: Laura	<b>Y-SERCISE</b> 9:45-10:45 am Instructor: Laura	<b>STRETCH &amp; TONE</b> 10:30-11:30 am Instructor: Laura	<b>SIT n' FIT</b> 9:45-10:45 am Instructor: Dawn	<b>STRETCH &amp; TONE</b> 10:30-11:30 am Instructor: Laura	<b>TAI CHI for BALANCE</b> 9:45-10:45 am Instructor: Mindy	
<b>ZUMBA</b> 10:15-11:15 am Instructor: Laura	<b>SR. SHAPE UP</b> 11:00 am-12:00 pm Instructor: Laura	<b>SPIN EXPRESS</b> 5:30-6:00 pm Instructor: Jen	<b>ZUMBA</b> 10:30-11:30 am Instructor: Laura	<b>CHAIR YOGA</b> 11:00 am-12:00 pm Instructor: Diana	<b>BARRE</b> 10:30-11:30 am Instructor: Laura	
<b>HATHA YOGA</b> 10:15-11:15 am Instructor: Michelle	<b>SPIN</b> 6:00-7:00 pm Instructor: Jodi	<b>TOTAL BODY WORKOUT</b> 6:00-6:45 pm Instructor: Dawn	<b>TAI CHI</b> 10:45-11:45 am Instructor: Regina	<b>EVENING YOGA</b> 5:30-6:30 pm Instructor: Nav		
		<b>ZUMBA</b> 6:00-7:00 pm Instructor: Laura	<b>SPIN</b> 6:00-7:00 pm Instructor: Jodi	<b>ZUMBA</b> 6:00-7:00 pm Instructor: Laura		
			<b>Y-SERCISE</b> 6:00-7:00 pm Instructor: Laura			
			<b>HATHA YOGA</b> 6:30-7:30 pm Instructor: Michelle			
			<b>BARRE</b> 7:00-8:00 pm Instructor: Laura			

\* Classes are Indoors. \* Classes are Outdoors. \* Classes are Virtual Only. All classes are offered in person and virtual unless noted.