

## Group Exercise Classes

<b>Monday</b>			<b>Tuesday</b>			<b>Wednesday</b>		
Time	Class	Instructor/ Studio	Time	Class	Instructor/ Studio	Time	Class	Instructor/ Studio
8:00am	Cardio Circuit ® Brenda/Aileen	studio 2	8:00am	Muscular Strength ® Brenda	studio 2	8:00am	Muscular Strength ® Heather	studio 2
9:00am	Muscular Strength ® Theresa L.	studio 2	9:00am	Yoga Stretch ® Shelly	studio 2	9:00am	Ball & Band Class Heather	studio 2
11:00am	Zumba Gold ® Tracey	studio 1	1:00pm	Muscular Strength ® Brenda	studio 1	10:00am	Zumba Gold ® Tara	studio 2
11:00am	Yoga Flow Norma	studio 2						

<b>Thursday</b>			<b>Friday</b>		
Time	Class	Instructor/ Studio	Time	Class	Instructor/ Studio
8:00am	Cardio Circuit ® Brenda	studio 2	8:00am	Cardio Circuit ® Sue	studio 2
9:00am	Yoga Stretch ® Aileen	studio 2	9:00am	Muscular Strength ® Heather	studio 2
1:00pm	Muscular Strength ® Brenda	studio 1	10:00am	Zumba Gold® Tara	studio 2
11:00am	Yoga Flow Norma	studio 2			

