

Group Exercise						September	
MONDAY		TUESDAY		WEDNESDAY		THURSDAY	
5:30am	PiYo Live Marianne	5:00am	Y Pump Rose	5:30am	PIYO Live Marianne	5:00am	Step Rose
8:15am	Shape Up Abby	6:00am	Step Interval Karen	5:30am	Cycle (Cycling Room) Dawn	6:00am	Class Choice Karen
9:15am	Step Interval Theresa	7:15am	Pilates Michelee	6:00am	Bootcamp (Gym) Dawn	7:15am	Pilates Michelee
9:15am	Silver & Fit (Gym) Alice	8:30am	Healthy Back Nancy	8:15am	Core Strength Abby	8:30am	TRX(GYM) Malia
9:00am	TRX (GYM) Laura	9:00am	Cycle (Cycling Room) Diana	9:00am	Cycling (Cycling Room) Diana	8:30am	Healthy Back Nancy
10:00am	Cycling Mary	9:15am	Cardio Abs Theresa	9:15am	Women Strength Mary	9:15am	Y-Pump Theresa
9:15am	Women/Weights (Gym) Mary	9:15am	Silver Sneakers (GYM) Abby	9:00am	Insanity (GYM) Abby	9:15am	Silver Sneakers (Gym) Alice
10:30am	Yoga Mary	9:15am	Insanity Abby	10:30am	Yoga Mary	9:30am	Cycle(CyclingRoom) Laura
4:00pm	Boot Camp Abby	10:30am	Zumba Marianne	4:00pm	Boot Camp Abby	10:30am	Insanity(GYM) Abby
5:15pm	Step Interval Rose	6:30pm	Cycle (Cycling Room) Christine	5:15pm	20-20-20 Interval Rose	5:15pm	PiYo Live Marianne
6:30pm	PiYo Live Betsy	6:30pm	TRX (GYM) Jen	6:30pm	Women's Self Defense Stephanie	5:30pm	TRX(GYM) Jen
7:40pm	Yoga Nancy	6:45pm	Yoga Mary			6:30pm	Zumba Jen
						6:30pm	Cycle(CyclingRoom) Christine
FRIDAY		SATURDAY		SUNDAY			
5:30am	Cycle (Cycling Room) Dawn	8:00am	Y-Pump Rose	11:00am	Pilates Michelee		
6:00am	Class Choice Dawn	8:00am	Cycle (Cycling Room) Christine	11:00am	TRX (GYM) Malia		
8:15am	Strength & Stability Abby	9:15am	PiYo Live Betsy	12:15pm	HIIT/SPIN Malia		
9:15am	Total Body Diana						
9:00am	Silver Sneakers (Gym) Abby						
10:00am	Cycle (Cycling Room) Diana						
4:00pm	Boot Camp Abby						