

# Group Fitness Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00 AM							<b>XLR8</b>
8:30 AM	<b>Seniorcise</b> Diane				<b>Seniorcise</b> Diane	<b>Start 1/15 Spin</b> Amy	
9:00 AM		<b>Aqua - Diane</b> <b>XLR8</b>		<b>Aqua</b> Jean			<b>BodyPump</b> Jen
9:30 AM	<b>CardioKick</b> Donna	<b>StrengthWorks</b> Donna	<b>Sweat</b> Jen	<b>StrengthWorks</b> Donna	<b>Zumba</b> Andrea	<b>Pilates</b> Donna	
	<b>Spin</b> Tom		<b>Spin</b> Tom		<b>Spin</b> Jen		
10:30 AM	<b>BodyPump</b> Jen		<b>Barre &amp; More</b> Donna	<b>CardioKick</b> Donna	<b>BodyPump</b> Jen	<b>Zumba</b> Sandy	<b>Yoga</b> Carol
5:30 PM	<b>Zumba</b> Lauren	<b>XLR8</b>	<b>Barre &amp; More</b> Donna	<b>Spin</b> Amy	<b>XLR8</b>		
6:00 PM	<b>XLR8</b>						
6:30 PM	<b>BodyPump</b> Michelle	<b>Yoga</b> Carol	<b>Combat</b> Michelle				

Classes Require 3 Participants

Class format & instructors are subject to last minute changes

**XLR8 requires 'Small Group Training' registration**