



September Group Ex Schedule



Classes are **FREE** to all **members!!**

Non-Members - \$9.00/\$4.50 on Thursdays

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 AM	Cardio PUMP		RIP Strength	Cycling	Cardio PUMP	
6:45 AM	Cardio HiLo		Cardio HiLo			
8:00 AM		Battles & Bells		Battles & Bells		Body Pump
9:00 AM	Group Strength	30 Minute Cycle	Group Strength	Yoga Flow (75Min)	Group Strength	See Membership for more details on Move Into Wellness, Rock Steady Boxing, Martial Arts & Lifeplex Dance Academy.
9:30 AM	Silver Sneakers BOOM MUSCLE		Silver Sneakers BOOM MUSCLE		Silver Sneakers BOOM MUSCLE	
	Yoga Flow					
10:00 AM			HealthRHYTHMS			2855 Miller Dr. 574-335-5280
10:30 AM	Silver Sneakers STABILITY (30 Minute)				Silver Sneakers STABILITY (30 Minute)	
	Flash Fit	Cardio Drumming		Cardio Drumming	Flash Fit	
10:45 AM	Gentle Yoga			Gentle Yoga		All classes are 45 minutes unless otherwise noted on the schedule.
11:00 AM			Move Into Wellness \$ Paid Program			
12:00 PM		Silver Sneakers Classic		Silver Sneakers Classic		Studio 1
				Chair Yoga		
2:00 PM	Rock Steady Boxing \$Paid Program		Rock Steady Boxing \$Paid Program		Rock Steady Boxing \$Paid Program	Studio 2
3:00-4:00 PM	My Little Robin's Tutoring		My Little Robin's Tutoring			Studio 3
5:00-8:00 PM	Ancilla Cheer					North Studio
5:30 PM	Body Pump	Body Pump		Body Pump		Cycling Arena
6:30 PM		Martial Arts \$Paid Program		Martial Arts \$Paid Program		Lower Gym Deck