

GROUP FITNESS SCHEDULE

MON

BODY BOOT CAMP
5:30AM–6:15 AM
TERRY

DANCE CARDIO
9:00 AM–9:45AM
LANIE

SILVER SNEAKERS
10:45 AM–11:30 AM
MURIEL

DANCE CARDIO
4:00 PM–4:45PM
LANIE

BODY BOOT CAMP
6:00PM–6:45PM
TERRY

TUE

**HIGH ENERGY STEP
AND SCULPT**
5:30AM–6:15 AM
PARIS

SILVER SNEAKERS
11:30 AM–12:15 PM
AMY

DANCE CARDIO
4:00 PM–4:45PM
LANIE

**HIGH ENERGY STEP
AND SCULPT**
6:00PM–6:45PM
PARIS

WED

DANCE CARDIO
8:00 AM–8:45AM
LANIE

PUMP IT UP
9:00 AM–9:45 AM
AMY

SILVER SNEAKERS
10:45 AM–11:30 AM
MURIEL

THU

**HIGH ENERGY STEP
AND SCULPT**
5:30AM–6:15 AM
PARIS

**HIGH ENERGY STEP
AND SCULPT**
6:00PM–6:45PM
PARIS

FRI

BODY BOOT CAMP
5:30AM–6:15 AM
TERRY

STEP AEROBICS
8:00 AM–8:45AM
JENNIFER

DANCE CARDIO
9:00 AM–9:45AM
LANIE

PACE
10:00 AM–10:45PM
JENNIFER

P1: STRETCH & FLEX
2:00 PM–2:45PM
JENNIFER

SAT

BODY BOOT CAMP
11:00AM–11:45 AM
TERRY

GROUP FITNESS SCHEDULE

MON

TUE

WED

THU

FRI

SAT

DANCE CARDIO
4:00 PM-4:45PM
LANIE

BODY BOOT CAMP
6:00PM-6:45PM
TERRY