

# Group X Fitness Schedule

Summer 2022

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Early Morning	5:15		Water Aerobics with Joann*		Water Aerobics with Joann*		Classes Vary by Week, See the Front Desk	
	5:30	Morning Mix-Up With Kay GX		Morning Mix-Up Kay/Sheila GX	Bootcamp with Erin GX	Morning Mix-up with Sheila GX		
Morning	8:30	Cardio Circuit with Shady GX	Zumba with Marsha GYM	Cardio Circuit with Shady GX	Zumba with Marsha GYM	Cardio Circuit with Shady GX		
		Water Aerobics with Sue*		Water Aerobics with Sue*		Water Volleyball*		
Active Aging	9:45	Stretch and Flex with Jill* GX	Chair Yoga with Chris* GX	Stretch and Flex with Jill* GX	Chair Yoga with Chris*GX	Zumba Gold with Marsha*GX		Open Daily M-Th 5am-9pm Fri 5am-8pm Sat 7am-5pm Sun 10am-5pm
Noon	12:10							
Afternoon	4:45	Water Aerobics with Nicole*		Water Aerobics with Nicole*				
	5:15	Alpha Academy with Christi		Alpha Academy with Christi		Alpha Academy with Christi		
Evening	5:30	Barre with Amanda* GX	Bootcamp with Erin MP	RIP with Amy GX	Barre with Amanda* GX		*Low Impact Class GYM=Basketball Court	
			Night Cycle Bootcamp with Dana SPN*		Spin with Steph* SPN		MP= Multi-Purpose Room	
			Water Volleyball				GX= Aerobics Room	
							SPN=Spin Room	
	6:45			Yoga with Chris* GX			Challenge/ Large Group Members	