



FITNESS

GROUP FITNESS

SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00 AM Cardio Yoga with Maurita	9:15 AM Group Active with Jen	8:00 AM Yoga with Maurita	9:00 AM Strength with Tisha		8:00 AM Spinning with Rachel	8:30 AM Beyond Barre with Jen
8:30 AM Bootcamp with Patty	11:00 AM Silver Sneakers with Jennifer	8:30 AM Bootcamp with Patty	11:00 AM Silver Sneakers with Jennifer		9:00 AM Spinning with Diane	9:45 AM Zumba with Jesus
9:00 AM Spinning with Jason	5:15 PM Group Power with Deb	9:00 AM Spinning with Jason	4:30 PM Group Groove with Jen		9:15 AM Group Power with Deb	
9:15 AM Aqua Fit with Caitlin		9:15 AM Beyond Barre with Maurita	5:45 PM Beyond Barre with Jen		10:30 AM Kickboxing with Tisha	
9:45 AM Kickboxing with Tisha		4:30 PM Bootcamp with Patty				
4:30 PM Bootcamp with Patty		5:45 PM Kickboxing with Tisha				
4:30 PM Centergy with Annette		6:00 PM Zumba with Jesus				
5:30 PM Spinning with Diane						
5:45 PM Strength with Tisha						

Effective 10/19/2020