



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	10:00 AM Group Groove with Tamara	8:00 AM Group Centergy with Annette	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	9:15 AM Group Active with Duane	9:00 AM Spinning with Diane	9:45 AM Zumba with Jesus
9:00 AM Spinning with Jason	4:45 PM Aqua Fit with Becky	9:00 AM Spinning with Jason	4:45 PM Aqua Fit with Becky		9:15 AM Strength with Tisha	
9:15 AM Aqua Fit with Duane	5:30 PM Kickboxing with Tisha	9:15 AM Aqua Fit with Duane	5:45 PM Beyond Barre with Jen		9:15 AM Aqua Fit with Becky	
9:15 AM Run Club with Kevin	5:30 PM Spinning with Joy	9:15 AM Beyond Barre with Maurita			10:30 AM Kickboxing with Tisha	
9:45 AM Kickboxing with Tisha	6:30 PM Yoga with Maurita	11:00 AM Silver Sneakers with Eileen				
11:00 AM Silver Sneakers with Eileen	6:30 PM Run Club with Kevin	4:30 PM Bootcamp with Patty				
5:30 PM Bootcamp with Patty		5:30 PM Spinning with Joy				
5:30 PM Spinning with Diane		5:45 PM Kickboxing with Tisha				
		6:00 PM Zumba with Jesus				

Effective 7/05/21