



FITNESS

# Group Fitness Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:00 AM AquaFit with Donna	6:00 AM Spinning with Patty	6:00 AM Insanity Live with David	6:00 AM Spinning with Darcy	5:45 AM Group Active with April	7:30 AM Group Core with Lisa	8:00 AM Spinning with Patrick
9:15 AM Spinning with Tonya	6:00 AM Beyond Barre Fit with Darcy	9:00 AM AquaFit with Donna	6:00 AM Group Fight with Lisa	9:00 AM Group Power with Lisa	8:00 AM Insanity Live with David	8:30 Group Fight with Lani
9:15 AM Group Groove with Tamara	7:45 AM Yoga with Jeff	9:15 Group Groove with Tamara	10:00 AM Mat Pilates with Raelynn	9:15 AM Spinning with Tonya	8:00 AM Spinning with Lisa	9:30 Yoga with Sarah
10:30 AM Centergy with Kathy	10:00 AM Pilates with Rae	9:15 AM Spinning with Patty	11:00 AM Silver Sneakers with Diane	10:00 AM Mat Pilates with Maddy	9:00 AM Group Blast with Patrick	3:00 PM Group Blast with April
12:00 PM Group Power with Diane	11:00 AM Silver Sneakers with Duane	10:30 AM Beyond Barre with Gabby	4:30 PM Beyond Barre with Gabby	11:00 AM Silver Sneakers Yoga	10:00 AM Group Power with Darcy	
5:30 PM Zumba with Jesus	4:30 PM Group Power with Lisa	4:30 PM Mat Pilates with Maddie	4:30 PM Spinning with Michelle		11:15 AM Zumba with Jesus	
5:30 PM Spinning with Patrick	5:30 PM Centergy with Patrick	5:30 PM Spinning with April	5:30 PM Group Fight with Lani			
		5:30 PM Group Blast with Patrick				

Effective 11/21/2022