



FITNESS

Group Fitness Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00 AM Cardio Yoga with Maurita	5:30 AM Spinning with Tiffany	8:00 AM Yoga with Maurita	10:00 AM Group Groove with Tamara	8:00 AM Mat Pilates with Deb	8:30 AM Spinning with Renee	8:30 AM Beyond Barre with Jen
8:30 AM Spinning with Jen L	8:00 AM Barre with Jen	8:30 AM Spinning with Jen L	11:00 AM Silver Sneakers with Jennifer	9:15 AM Group Active with Duane	9:15 AM Aqua Fit with Becky	9:45 AM Zumba with Jesus
9:00 AM Mat Pilates with Deb	9:15 AM Group Active with Jen	9:15 AM Aqua Fit with Duane	4:45 PM Aqua Fit with Becky			
9:15 AM Aqua Fit with Duane	11:00 AM Silver Sneakers with Jennifer	9:15 AM Beyond Barre with Maurita	5:00 PM Glute Camp with Tisha			
11:00 AM Silver Sneakers with Eileen	4:45 PM Aqua Fit with Becky	10:30 AM Sneakers Circuit with Eileen	6:00 PM Yoga with Sarah			
5:30 PM Spinning with Diane	5:30 PM Spinning with Joy	11:00 AM Silver Sneakers with Eileen				
6:30 PM Yoga with Sarah	6:30 PM Yoga with Maurita	5:30 PM Spinning with Joy				
		6:00 PM Zumba with Jesus				

Effective 11/14/2022