



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
9:00 AM Mat Pilates with Deb	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 Jennifer	9:15 AM Aqua Fit with Becky	9:45 AM Zumba with Jesus
9:15 AM Aqua Fit with Duane	9:15 AM Group Active with Jen	9:15 AM Aqua Fit with Duane	4:45 PM Aqua Fit with Becky			
11:00 AM Silver Sneakers with Eileen	11:00 AM Silver Sneakers with Jennifer	9:15 AM Beyond Barre with Maurita	5:00 PM Glute Camp with Tisha			
5:30 PM Spinning with Diane	4:45 PM Aqua Fit with Becky	11:00 AM Silver Sneakers with Eileen	6:00 PM Yoga with Sarah			
6:30 PM Yoga with Sarah	5:30 PM Spinning with Joy	4:30 PM Group Active with Renee				
	6:30 PM Yoga with Maurita	5:00 PM Tabata with Patty				
		5:30 PM Pilates with Deb				
		5:30 PM Spinning with Joy				
		6:00 PM Zumba with Jesus				

Effective 02/20/2023