

## GROUP EXERCISE

	SUN	MON	TUE	WED	THU	FRI	SAT
8:30am		BootCamp	CardioBOXING	BootCamp	Indoor Cycling	BootCamp	Indoor Cycling
9:00am							BootCamp
10:30am		SENIOR Line Dancing	SilverSneakers® CardioCircuit				
12pm		Indoor Cycling 30 Minutes	ZUMBA	Indoor Cycling 30 Minutes	Group Weight 30 Minutes	ZUMBA	
12:45pm		SilverSneakers® Muscular Strength		SilverSneakers® Muscular Strength			
2:00pm	Indoor Cycling						
4:05pm		Pilates 30 Minutes		PILATES BOOTCAMP 30 Minutes			
4:30pm			Cycle Fusion		Pilates	CardioBOXING	
4:40pm		20 minute Butts-n-Gutts		20 minute Butts-n-Gutts	Yoga @ 5:10pm		
5:10pm		Group Weight Training		Group Weight Training	ZUMBA @5:45pm		
5:45pm			X-treme (in gym) & Step-N-Sculpt		BootCamp		
6:20pm		Indoor Cycling		Indoor Cycling			
6:45pm			Pilates	Line Dancing @ 7:30pm	30 minute Awesome Abs		



- \* Classes are a group activity so please follow the instructor's lead.
- \* **Keep Conversation to a minimum.**
- \* Please do not enter the aerobics room until the current class is completely finished.
- \* **We request that all equipment be returned to the proper storage area.**