


## GROUP EXERCISE

|         | SUN          | MON                               | TUE  | WED  | THU                           | FRI                  | SAT   |
|---------|--------------|-----------------------------------|--|--|-------------------------------|----------------------|---|
| 8:30am  |              | BootCamp                          |  | BootCamp   | <b>SHRED</b>                  | BootCamp             | Indoor Cycling  |
| 9:00am  |              |                                   | Cardio Dance Party @ 9:20am                      |  | Zumba @9:20am                 |                      | BootCamp  |
| 9:30am  |              | SilverSneakers® Muscular Strength |  |  |                               |                      |   |
| 10:45am |              | Line Dancing @ 10:30am            | SilverSneakers® CardioCircuit                    | SilverSneakers® Muscular Strength                  | SilverSneakers® CardioCircuit | GentleYOGA @ 11:20am |   |
| 12pm    |              | Indoor Cycling 30 Minutes         | ZUMBA  | Indoor Cycling 30 Minutes                          | <b>SHRED</b>                  | Power YOGA           |  |
| 2:00pm  | <b>SHRED</b> |                                   |  |  |                               |                      |   |
| 3:30pm  |              |                                   | KIDS CIRCUIT                                     |  | KIDS CIRCUIT                  |                      |   |
| 4:30pm  |              | Pilates                           | CardioBOXING                                     | <b>SHRED</b>                                       |                               | CardioBOXING         |   |
| 5:10pm  |              |                                   |  |  |                               |                      |   |
| 5:25pm  |              | Group Weight Training             |  | Group Weight Training                              | Butts-n-Gutts @ 5:20pm        |                      |   |
| 5:45pm  |              |                                   | X-Treme  |  | BootCamp                      |                      |   |
| 6:30pm  |              | <b>SHRED</b>                      | 7:15pm Advanced Line Dancing *Starts January 3rd | Indoor Cycling                                     | ZUMBA @ 5:45pm                |                      |   |
| 6:45pm  |              |                                   |  | 7:30pm Couples Country Western 8:15pm Line Dancing | 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