



Pool

Outdoor Trail

Group Exercise Schedule: Morning

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6 am	6:30 Pilates I Terrie	6:35 Body Flex Barb		6:35 Body Flex Barb			
8 am	8:30 Water Exercise Linda	8:30 Step Aerobics III Barry	8:30 Arthritis Exercise Linda		8:30 Water Exercise Linda	8:00 Powerflex Terrie	
	8:45 Y Boot Camp Jenn/Jeremy				8:45 Y Boot Camp Jenn/Jeremy		
9 am			9:00 Body Chisel Jenn	9:00 Core Challenge Jenn	8:30 Zumba Barry		
	9:15 Water Exercise Linda	9:15 Water Exercise Linda	9:15 Water Exercise Linda	9:15 Water Exercise Linda	9:15 Water Exercise Linda	9:00 Step Aerobics II Stacey, Terrie, Barry & Mimi	
	9:35 Step Aerobics III Barry	9:15 Zumba Donna	9:50 Pure Cardio Barb	9:50 Zumba Cassie	9:45 Cardio Kickbox Barb		
10 am	10:15 Water Aerobics Lynn	10:15 Water Aerobics Debbie	10:15 Water Aerobics Debbie	10:15 Water Aerobics Debbie	10:15 Water Aerobics Heidi	10:00 Zumba 1 st & 3 rd Addys	
	10:35 Body Flex Barry	10:30 Yoga Linda			10:45 Powerflex Barb	Step Basic 2 nd & 4 th Georgeann	
11 am	11:15 Arthritis Exercise Dawn	11:00 Deep Water Debbie	11:15 Arthritis Exercise Debbie	11:00 Deep Water Debbie	11:15 Arthritis Exercise Heidi		
	11:40 Dancercise Di'Ana	11:50 SilverSneakers® Yoga Stretch Linda	11:15 Mommy & Me Pam	11:00 Yoga II Diana	11:40 Dancercise Di'Ana		



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Group Exercise Schedule: Afternoon and Evening

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
12 pm			12:00 Hip Hop Di'Ana	12:00 SilverSneakers® Yoga Stretch- Diana			12:30 Step Basic Georgeann
	12:00 Water Aerobics Dawn		12:00 Water Aerobics Debbie		12:00 Water Aerobics Heidi		
1 pm	1:00 SilverSneakers® II Debbie	1:00 SilverSneakers® II Donna	1:00 SilverSneakers® I Kathy	1:00 SilverSneakers® II Debbie	1:00 SilverSneakers® I Kathy		
2 pm	2:15 Yoga II Linda	2:15 Beginner Line Dance-Shirley	2:15 Ballroom Dance Kevin				
3 pm		3:00 Intermediate Line Dance-Shirley					
4 pm	4:30 Powerflex Terrie	4:30 Pilates Terrie	4:30 Zumba Donna	4:30 Pilates Terrie			
5 pm	5:30 Y Boot Camp Dawn		5:30 Y Boot Camp Dawn		5:00 Powerflex Terrie		
	5:30 Cardio Kickboxing Barb	5:35 Powerflex Terrie	5:30 Step Basic Addys	5:35 Powerflex Terrie			
6 pm	6:30 Zumba Barry	6:40 Multi-Step Stacey	6:05 20/20/20 Addys	6:40 Cardio Unleashed Dawn	6:00 Y Cheerleading Tracey		
	6:30 Water Aerobics Sue		6:30 Water Aerobics Sue				
7 pm		7:00 Water Aerobics		7:00 Water Aerobics Lynn			
	7:35 30 Min Stretch & Tone-Addys	7:45 Tae Kwon Do*	7:10 Yoga II Linda	7:45 Tae Kwon Do*			