

Group Exercise Schedule: Morning

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5 am	5:30 - 6:15 Cycle Mary ▲	5:30 - 6:15 Cycle Tanya ▲	5:30 - 6:15 Cycle Mary ▲	5:30 - 6:15 Cycle Tanya ▲	5:30 - 6:15 Cycle Mary ▲		
6 am	Conditioning "Boot" Camp REGISTRATION REQUIRED Leslie	Conditioning "Boot" Camp REGISTRATION REQUIRED Leslie	Conditioning "Boot" Camp REGISTRATION REQUIRED Leslie	Conditioning "Boot" Camp REGISTRATION REQUIRED Leslie			
7 am	7:30 - 8:30 Step Hi/Low II Joe	7:30 - 8:15 Cycle Lori ▲	7:30 - 8:30 Step Hi/Low II Joe	7:30 - 8:15 Cycle Lori ▲	7:30 - 8:30 Step Hi/Low II Joe	7:15 - 8:00 Cycle Brad ▲	
8 am	8:30 - 9:30 Yoga II Barbara ●	8:30 - 9:30 Pilates Tanya ●	8:30 - 9:30 Yoga II Barbara ●	8:30 - 9:30 Pilates Donna ●	8:30 - 9:30 Yoga II Kathy ●	8:15 - 9:15 Y Flex	
	8:30 - 9:30 Fit For Life Tammy	8:30 - 9:30 Y Flex Michele	8:30 - 9:30 Fit For Life Tammy	8:30 - 9:30 Y Flex Michele	8:30 - 9:30 Fit For Life Tammy	8:30 - 9:30 Pilates Cindy ●	
						8:45 - 10:00 Nordic Walking at John Chesnut Park	
9 am	9:30 -10:30 In-Line Step Julie	9:30 -10:30 Kickboxing II Julie	9:30 - 10:30 Y Flex Carol Ann	9:30 -10:30 Kickboxing II Lori	9:30 -10:30 Step & Kick Sheila	9:30 -10:30 Instructor's Choice	
		9:45 - 11:00 Hatha Yoga Sandy ●		9:45 - 11:00 Hatha Yoga Sandy ●		9:00 - 10:00 Deep Water Jackie/Elaine ☼	
10 am	10:00 - 11:00 Aqua Motion Shire ☼	10:00 - 11:00 SilverSplash® Michele ☼	10:00 - 11:00 Aqua Motion Shire ☼	10:00 - 11:00 SilverSplash® Michele ☼	10:00 - 11:00 Aqua Motion Shire ☼	10:00 - 11:15 Yoga II Ann ●	
	10:00 - 11:00 Yoga I Barbara ●	10:30 - 11:15 Cycle Julie ▲	10:00 - 11:00 Yoga I Barbara ●	10:30 - 11:15 Cycle Julie ▲	10:00 - 10:45 Yoga Stretch® Donna ●		
			10:45 - 11:30 Parent - Tot Vicki				
11 am	11:30-12:15 SilverSneakers® CC Michele ●	11:30-12:15 SilverSneakers® MSROM Linda ●	11:30-12:15 SilverSneakers® CC Donna ●	11:30-12:15 SilverSneakers® MSROM Debbie ●	11:00-11:45 SilverSneakers® MSROM Carol Ann ●	11:00-11:45 Cycle Brad ▲	11:15-12:30 Yogalates Liesa ●
		11:30-12:15 Step I Carol Ann		11:30-12:15 Step I Carol Ann			11:15 - 12:00 Cycle Tonya ▲

SUMMER SCHEDULE NOTES:
 THE FOLLOWING TUES/THURS CLASSES WILL BE HELD IN THE GROUP EXERCISE ROOM THROUGH 8/20:
 1:00pm Tai Chi
 2:00pm Meditation
 2:45pm Yoga I
 3:45pm Yoga Basics (Tues only/Thurs in Conference Room)
TIME CHANGE:
 Tues/Thurs Step I will begin at 12:00 noon from 7/14 to 8/20. It will move back to 11:30 am on 8/25.

Group Exercise Schedule: Afternoon and Evening

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
12 pm	12:00 - 1:00 Yogalates Liesa		12:00 - 1:00 Belly Beautiful Victoria				
	12:30 - 1:15 Getting Started Mary ●		12:30 - 1:15 Getting Started Donna ●		12:30 - 1:15 Getting Started Mary ●		
1 pm		1:00 - 2:00 Qigong & T'ai Chi Cathy ●		1:00 - 2:00 Qigong & T'ai Chi Cathy ●			1:00 - 2:00 Zumba® Mary
2 pm		2:00 - 2:30 Meditation - Cathy ● 2:45 - 3:30 Yoga I - Kathy ●		2:00 - 2:30 Meditation - Cathy ● 2:45 - 3:30 Yoga I - Kathy ●			2:00 - 3:00 Pilates Mary
3 pm		3:45 - 4:30 Yoga Basics Kathy ●		3:45 - 4:30 Kids Yoga - Ann Yoga Basics Kathy ●			
4 pm	4:30 - 5:15 Cycle Debbie ▲		4:30 - 5:15 Cycle Debbie ▲		4:30 - 5:15 Cycle Kristin/Michele ▲		
5 pm	5:30 - 6:30 Step Intervals II Joe	5:30 - 6:30 Y Flex Vicki	5:30 - 6:30 In-Line Step Julie	5:30 - 6:30 Y Flex Vicki	5:30 - 6:30 Zumba® Mary ●		
6 pm	6:30 - 7:30 Zumba® Mary	6:30 - 7:30 Cardio Kick Jam Sue		6:30 - 7:30 Cardio Kick Jam Sue			
	6:30 - 7:30 Yoga II Ann ●		6:30 - 7:30 Yoga II/III Liesa				
7 pm			7:30PM Ballroom Dance Registration Required				
	7:45 - 8:30 Cycle Kimchi/Don ▲	7:30 - 8:30 Pilates Melissa	7:45 - 8:30 Cycle Kimchi/Don ▲	7:30 - 8:30 Pilates Melissa			