



Group Exercise Schedule: Morning

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5 am	5:30 - 6:15 Cycle Mary ▲	5:30 - 6:15 Cycle Nancy ▲	5:30 - 6:15 Cycle Mary ▲	5:30 - 6:15 Cycle Nancy ▲	5:30 - 6:15 Cycle Mary ▲		
7 am	7:30 - 8:30 Step Hi/Low II	7:30 - 8:30 Cycle Elizabeth ▲	7:30 - 8:30 Step Hi/Low II Joe	7:30 - 8:30 Cycle Elizabeth ▲	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 Emily ●	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 Elaine	8:30 - 9:30 Y Flex Michele	8:30 - 9:30 Fit For Life Elaine	8:30 - 9:30 Y Flex Michele	8:30 - 9:30 Fit For Life Elaine	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 Step II Pam	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 ☼	
10 am	10:00 - 11:00 Aqua Motion Elaine ☼	10:00 - 11:00 Power Splash Michele ☼	10:00 - 11:00 Aqua Motion Nancy ☼	10:00 - 11:00 Power Splash Michele ☼	10:00 - 11:00 Aqua Motion Elaine ☼	10:00 - 11:15 Yoga II Ann ☼	
	10:00 - 11:00 Yoga I Barbara ●	10:30 - 11:15 Cycle Pam ▲	10:00 - 11:00 Yoga I Barbara ●	10:30 - 11:15 Cycle Julie ▲	10:00 - 10:45 SilverSneakers® Yoga Stretch Donna ●		
	10:45 - 11:45 Cycle Nick ▲		10:45 - 11:30 Parent-Tot Vicki		10:45 - 11:45 Cycle Nick ▲		
11 am	11:30-12:15 SilverSneakers® II Donna/Debbie ●	11:30-12:15 SilverSneakers® I Donna ●	11:30-12:15 SilverSneakers® II Vicki ●	11:30-12:15 SilverSneakers® I Debbie ●	11:00-11:45 SilverSneakers® I Carol Ann ●	11:00-11:45 Cycle Brad ▲	11:15-12:30 Yogalates Liesa ●
		11:30-12:15 Step I Julie		11:30-12:15 Step I Julie			

Group Exercise Schedule: Afternoon and Evening

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
12 pm	12:00 - 1:00 Belly Beautiful Liesa		12:00 - 1:00 Belly Beautiful Victoria				12:00 - 12:45 Cycle Tonya ▲
	12:30 - 1:15 Getting Started Elaine ●		12:30 - 1:15 Getting Started Elaine ●		12:30 - 1:15 Getting Started Elaine ●		
1 pm		1:00 - 2:00 Qigong & T'ai Chi Cathy ●	1:00 - 2:00 Line Dancing	1:00 - 2:00 Qigong & T'ai Chi Cathy ●			1:00 - 2:00 Zumba® Mary 
2 pm							2:00 - 3:00 Pilates Mary
3 pm				3:30 - 4:15 Kids Yoga Ann			
4 pm	4:30 - 5:15 Cycle Debbie ▲		4:30 - 5:15 Cycle Debbie ▲		4:30 - 5:15 Cycle Mary/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 Get Fit Families Sue 		6:30 - 7:30 Get Fit Families Sue 			
	6:30 - 7:30 Yoga II Ann ●	6:45 - 7:45 Water Exercise Jackie ☼ June 9 - Sept. 25	6:30 - 7:30 Yoga II/III Liesa	6:45 - 7:45 Water Exercise Jackie ☼ June 9 - Sept. 25			
7 pm	7:45 - 8:15 Cycle Don ▲	7:30 - 8:30 Pilates Vivian	7:45 - 8:15 Cycle Don ▲	7:30 - 8:30 Pilates Vivian	7:30 Ballroom Dance Registration Required		