

Monday

Time	Class	Instructor	Room	Schedule
7:00 AM - 8:05 AM	BODYPUMP	Donna		Group Exercise
8:05 AM - 9:00 AM	AOA Fit	Peggy		Group Exercise
8:15 AM - 9:00 AM	Cycle	Whitney		Group Exercise
9:15 AM - 10:15 AM	BODYPUMP	Viviana		Group Exercise
9:15 AM - 10:00 AM	Gentle Stretch	Sue		Group Exercise
9:15 AM - 10:15 AM	Cycle	Gina		Group Exercise
10:30 AM - 11:30 AM	Yoga	Rose		Group Exercise
10:30 AM - 11:30 AM	AOA Fit	Peggy		Group Exercise
11:00 AM - 11:20 AM	TRX	Trisha		Group Exercise
11:40 AM - 12:35 AM	Silver Sneakers	Terri		Group Exercise
12:45 PM - 2:00 PM	Tai Chi	Larry		Group Exercise
4:30 PM - 5:30 PM	Pilates	Whitney		Group Exercise
4:30 PM - 5:30 PM	BODYPUMP	Sue L.		Group Exercise
5:30 PM - 6:30 PM	BODYPUMP	Pattee		Group Exercise
5:30 PM - 6:30 PM	Gentle Yoga	Karen K.		Group Exercise
6:30 PM - 7:00 PM	CXWORX	Char		Group Exercise
6:35 PM - 7:05 PM	Sprint	Liz A.		Group Exercise
7:10 PM - 7:30 PM	TRX	Carol		Group Exercise

Tuesday

Time	Class	Instructor	Room	Schedule
7:30 AM - 8:00 AM	CXWORX	Pattee		Group Exercise
8:00 AM - 9:00 AM	Tai Chi	Larry		Group Exercise
8:15 AM - 9:10 AM	Pilates 2	Rotating		Group Exercise
9:00 AM - 9:45 AM	Zumba	Lindsay		Group Exercise
9:20 AM - 10:15 AM	Pilates	Karen L.		Group Exercise
9:50 AM - 10:20 AM	CXWORX	Ashley		Group Exercise
10:30 AM - 11:10 AM	H.I.I.T.	Kim		Group Exercise
10:30 AM - 11:30 AM	Gentle Yoga	Sue		Group Exercise

Time	Class	Instructor	Room	Schedule
10:30 AM - 11:30 AM	Yoga	Holly		Group Exercise

Tuesday				
Time	Class	Instructor	Room	Schedule
10:40 AM - 11:40 AM	Advanced Dance	Ashley		Group Exercise
11:45 AM - 12:35 AM	Silver Sneakers	Rebecca		Group Exercise
2:00 PM - 3:00 PM	Line Dancing	Kathy		Group Exercise

Wednesday				
Time	Class	Instructor	Room	Schedule
7:00 AM - 8:05 AM	BODYPUMP	Heather		Group Exercise
8:05 AM - 9:00 AM	AOA Fit	Terri		Group Exercise
9:15 AM - 10:15 AM	BODYPUMP	Pattee		Group Exercise
9:15 AM - 10:00 AM	Gentle Stretch	Sue		Group Exercise
10:00 AM - 10:45 AM	Zumba	Lindsay		Group Exercise
10:30 AM - 11:30 AM	AOA Fit	Pattee		Group Exercise
10:30 AM - 11:30 AM	Yoga	Rose		Group Exercise
11:40 AM - 12:35 AM	Silver Sneakers	Terri		Group Exercise
4:30 PM - 5:30 PM	BODYPUMP	Whitney		Group Exercise
5:30 PM - 6:30 PM	Gentle Stretch	Karen K.		Group Exercise
6:30 PM - 7:30 PM	Line Dancing	Kathy		Group Exercise

Thursday				
Time	Class	Instructor	Room	Schedule
7:30 AM - 8:00 AM	CXWORX	Sue L.		Group Exercise
8:00 AM - 9:00 AM	Tai Chi	Larry		Group Exercise
8:15 AM - 9:10 AM	Pilates 2	Rotating		Group Exercise
9:00 AM - 9:45 AM	Zumba	Lindsay		Group Exercise
9:20 AM - 10:15 AM	Pilates	Karen L.		Group Exercise
9:50 AM - 10:20 AM	CXWORX	Ashley		Group Exercise
10:30 AM - 11:30 AM	Yoga	Holly		Group Exercise
10:30 AM - 11:15 AM	H.I.I.T.	Heather		Group Exercise
10:30 AM - 11:30 AM	Gentle Yoga	Sue		Group Exercise
11:40 AM - 12:35 AM	Silver Sneakers Yoga	Sue/Darlene		Group Exercise

Thursday

Time	Class	Instructor	Room	Schedule
5:30 PM - 6:30 PM	Yoga	Erin		Group Exercise
5:45 PM - 6:15 PM	BODYPUMP EXPRESS	Sue L.		Group Exercise
6:15 PM - 6:45 PM	CXWORX	Sue L.		Group Exercise

Friday

Time	Class	Instructor	Room	Schedule
7:00 AM - 8:05 AM	BODYPUMP	Donna		Group Exercise
8:00 AM - 9:15 AM	Tai Chi Level 3	Larry		Group Exercise
8:05 AM - 9:00 AM	AOA Fit	Peggy		Group Exercise
9:00 AM - 10:00 AM	BODYPUMP	Rotating		Group Exercise
9:15 AM - 10:00 AM	Gentle Stretch	Rose		Group Exercise
9:15 AM - 10:15 AM	BODYPUMP	Sue L.		Group Exercise
10:30 AM - 11:30 AM	Yoga	Rose		Group Exercise
10:30 AM - 11:30 AM	AOA Fit	Darlene		Group Exercise
11:00 AM - 11:20 AM	TRX	Trisha		Group Exercise
11:45 AM - 12:35 AM	Silver Sneakers	Darlene		Group Exercise
5:30 PM - 6:30 PM	Gentle Yoga	Vanessa		Group Exercise
5:30 PM - 6:30 PM	Pilates	Whitney		Group Exercise
5:30 PM - 6:30 PM	BODYPUMP	Sue L.		Group Exercise

Saturday

Time	Class	Instructor	Room	Schedule
8:00 AM - 8:50 AM	AOA Fit	Terri		Group Exercise
9:00 AM - 10:00 AM	BODYPUMP	Rotating		Group Exercise
10:00 AM - 10:30 AM	CXWORX	Rotating		Group Exercise
10:15 AM - 11:30 AM	Power Yoga	Deb C.		Group Exercise

Sunday

Time	Class	Instructor	Room	Schedule
3:15 PM - 4:15 PM	BODYPUMP	Rotating		Group Exercise