

Monday

Time	Class	Instructor	Room	Schedule
6:00 AM - 6:30 AM	Energizer	Shelley		Group Exercise
6:30 AM - 7:30 AM	Yoga	Dan		Group Exercise
8:30 AM - 9:30 AM	Aqua Fitness	Connie	Pool	Group Exercise
9:00 AM - 10:00 AM	Cardio Sculpt	Mary		Group Exercise
9:15 AM - 10:15 AM	BODYPUMP	Sarah P.		Group Exercise
9:30 AM - 10:15 AM	Beginner Yoga	Sara K.		Group Exercise
10:15 AM - 11:15 AM	Zumba	Trina		Group Exercise
10:30 AM - 11:30 AM	Bodyflow	Sarah G.		Group Exercise
10:45 AM - 11:45 AM	Barre	Shawn		Group Exercise
11:45 AM - 12:30 PM	Silver Sneakers Cardio	Stephanie		Group Exercise
5:30 PM - 6:30 PM	Running Club	Liz		Group Exercise
6:30 PM - 7:30 PM	Yoga	Dawn		Group Exercise
6:30 PM - 7:30 PM	BODYPUMP	Ann		Group Exercise

Tuesday

Time	Class	Instructor	Room	Schedule
8:00 AM - 8:45 AM	Silver Sneakers Yoga	Lynnell		Group Exercise
9:00 AM - 10:00 AM	Bodycombat	Tina		Group Exercise
9:15 AM - 10:15 AM	Yoga	Shawn		Group Exercise
9:15 AM - 10:00 AM	Aqua Fitness	Lynnell	Pool	Group Exercise
10:00 AM - 10:30 AM	CXWORX	Tina		Group Exercise
10:30 AM - 11:30 AM	Bodyflow	Missy		Group Exercise
10:30 AM - 11:15 AM	Pilates	Connie B.		Group Exercise
11:45 AM - 12:30 PM	Silver Sneakers Classic	Lindsay		Group Exercise
11:45 AM - 12:30 PM	AOA Cardio Sculpt	Ann		Group Exercise

Wednesday

Time	Class	Instructor	Room	Schedule
6:30 AM - 7:30 AM	Yoga	Leigh		Group Exercise
8:30 AM - 9:30 AM	Aqua Fitness	Lindsay	Pool	Group Exercise

Wednesday

Time	Class	Instructor	Room	Schedule
9:00 AM - 10:00 AM	Cardio Circuit	KC		Group Exercise
9:15 AM - 10:00 AM	Express Yoga	Rebecca		Group Exercise
9:15 AM - 10:15 AM	BODYPUMP	Tina		Group Exercise
10:15 AM - 11:30 AM	Yoga	Shawn		Group Exercise
10:15 AM - 11:15 AM	Zumba	Trina		Group Exercise
11:45 AM - 12:30 PM	Silver Sneakers Yoga	Lynnell		Group Exercise
1:00 PM - 1:45 PM	Line Dancing	Kim		Group Exercise
5:30 PM - 6:30 PM	Cardio Step	Melissa		Group Exercise
6:30 PM - 7:30 PM	BODYPUMP	Melissa		Group Exercise

Thursday

Time	Class	Instructor	Room	Schedule
5:45 AM - 6:30 AM	Toning	Aggie		Group Exercise
8:00 AM - 8:45 AM	Silver Sneakers Yoga	Maura		Group Exercise
8:30 AM - 9:15 AM	Aqua Fitness	Lynnell	Pool	Group Exercise
8:30 AM - 9:00 AM	Morning Stretch	Connie		Group Exercise
9:00 AM - 10:00 AM	Bodycombat	Sarah P.		Group Exercise
9:15 AM - 10:30 AM	Yoga	Lynnell		Group Exercise
9:15 AM - 10:00 AM	Aqua Fitness	Kim	Pool	Group Exercise
10:00 AM - 10:30 AM	CXWORX	Sarah P.		Group Exercise
10:30 AM - 11:15 AM	Pilates	Sara K.		Group Exercise
10:30 AM - 11:30 AM	Bodyflow	Melba		Group Exercise
11:45 AM - 12:30 PM	Silver Sneakers Classic	Lynnell		Group Exercise
5:20 PM - 6:05 PM	Kidfit	Various		Group Exercise
5:30 PM - 6:15 PM	Pilates	Megan		Group Exercise
5:30 PM - 6:30 PM	BODYPUMP	KatieAnn		Group Exercise
6:00 PM - 7:00 PM	Aqua Fitness	Connie	Pool	Group Exercise
6:30 PM - 7:30 PM	Power Flow Yoga	Rebecca		Group Exercise
6:30 PM - 7:30 PM	Zumba	Trina		Group Exercise

Friday

Time	Class	Instructor	Room	Schedule
6:30 AM - 7:30 AM	Yoga	Leigh		Group Exercise
8:30 AM - 9:15 AM	Aqua Fitness	Sue	Pool	Group Exercise
9:00 AM - 10:00 AM	Cardio Sculpt	Aimee/Meredith		Group Exercise
9:00 AM - 9:45 AM	Pilates	Aggie		Group Exercise
9:15 AM - 10:15 AM	BODYPUMP	Sarah P.		Group Exercise
9:15 AM - 10:00 AM	Aqua Fitness	Tina	Pool	Group Exercise
10:15 AM - 11:30 AM	Yoga	Kate		Group Exercise
10:15 AM - 11:15 AM	Bodyjam™	Sarah G.		Group Exercise
10:45 AM - 11:45 AM	Barre	Jennifer		Group Exercise
11:45 AM - 12:30 PM	Silver Sneakers Cardio	Stephanie		Group Exercise

Saturday

Time	Class	Instructor	Room	Schedule
8:00 AM - 9:00 AM	BODYPUMP	Leah		Group Exercise
9:00 AM - 9:30 AM	CXWORX	Leah		Group Exercise
9:00 AM - 10:00 AM	Aqua Fitness	Kim	Pool	Group Exercise
9:15 AM - 10:15 AM	Yoga	Sara K.		Group Exercise
9:30 AM - 10:30 AM	Zumba	Gabie		Group Exercise
10:30 AM - 11:30 AM	Power Flow Yoga	Sara K.		Group Exercise
10:30 AM - 11:30 AM	Bodystep	Aga		Group Exercise

Sunday

Time	Class	Instructor	Room	Schedule
2:15 PM - 3:15 PM	BODYPUMP	Sue		Group Exercise
3:15 PM - 4:30 PM	Yoga	Marjorie		Group Exercise
3:15 PM - 4:15 PM	Bodycombat	Rotating		Group Exercise