

# January Group Exercise Schedule

|         | Monday  | Tuesday   | Wednesday   | Thursday  | Friday                                 |  |
|---------|---|---|---|---|--|--|
| 8:30am  | Strong & Sweaty<br>Anissa<br>Studio A           | HIIT<br>Leslie<br>Large Gym   | Group Power®<br>Allison<br>Studio A   | HIIT<br>Leslie<br>Large Gym   | Sculpt & Tone<br>Anissa<br>Studio A    |  |
| 9:30am  | CoreFusion<br>Becky<br>Studio A                 | Group Cycle<br>Leslie<br>Cycle Studio   | Zumba®<br>Nickie<br>Studio A  | Group Cycle<br>Leslie<br>Cycle Studio   | Deep Stretch Yoga<br>Cathy<br>Studio A |  |
|         | Zumba®<br>Viktoria<br>Large Gym                 |   |   |   |  | Zumba Gold®<br>Nickie<br>Studio A        |
|         | Aqua Mix<br>Carol<br>Pool                       | Gentle Candlelight<br>Yoga<br>Myrna<br>Studio A                                     | Aqua Mix<br>Allison<br>Pool   | Candlelight Yoga<br>Missy C<br>Studio A   | Aqua Mix<br>Missy W<br>Pool            |  |
| 10:30am | Group Power®<br>Leslie<br>Studio A              | Aqua Mix<br>Christina<br>Pool   | Flow Yoga<br>Cathy<br>Studio A  | Aqua Mix<br>Christina<br>Pool   | Group Power®<br>Leslie<br>Studio A     |  |
|         | Aqua Zumba®<br>Viktoria<br>Pool                 |   |   |   |  | Active for Life<br>Christina<br>Studio A |
| 11:45am | Active for Life<br>Wendy<br>Studio A            | Zumba®<br>Stacey<br>Studio A  | Aqua Mix<br>Corissa<br>Pool   | Group Cycle<br>(45mins)<br>Dana<br>Cycle Studio   | Saturday                               |  |
| 12:30pm | Chair Yoga<br>Missy C<br>Studio A               | Step<br>Becky<br>Studio A   | Flow Yoga<br>Cathy<br>Studio A  | Zumba®<br>Viktoria<br>Studio A  |  | Group Cycle<br>Dana<br>Cycle Studio      |
| 5:30pm  | Group Power®<br>Dana<br>Studio A                |  | <div data-bbox="831 1444 1247 1633" style="border: 1px solid black; padding: 5px; text-align: center;">                     Pickleball<br/>Tue/Thurs<br/>@9:30am - 12:30pm Gym                 </div> | Group Power®<br>Dana<br>Studio A  |  | Sculpt & Tone<br>Anissa<br>Studio A      |
| 6:35pm  | Group Cycle<br>(45mins)<br>Dana<br>Cycle Studio |   |   | Group Power classes are limited to 23 participants. Please get a card from front desk. Cards will be available 1 hour before class. |  | Group Power®<br>Dana<br>Studio A         |
|         | Flow Yoga<br>Cathy<br>Studio A                  |   |   | Group Power®<br>Dana<br>Studio A  |  |  |
|         |   |   |   |   | Step<br>Becky<br>Studio A              |  |
|         |   |   |   |   | Salsa, Bachata<br>Adam<br>Studio A     |  |

Children 10 and up are permitted to participate in Group Exercise classes with a parent. However, children must be 13 to participate in Group Power and Group Cycle classes.