

# June Group Exercise Schedule


Monday

Tuesday

Wednesday

Thursday

Friday

8:30am	Strong & Sweaty Anissa Studio A	8:30am	HIIT Leslie Large Gym	8:30am	Group Power® Allison Studio A	8:30am	HIIT Leslie Large Gym	8:30am	Sculpt & Tone Anissa Studio A				
9:30am	Pilates Cheryl Studio A	9:30am	Group Cycle Leslie Cycle Studio	9:30am	Zumba® Sandee Studio A	9:30am	Group Cycle Leslie Cycle Studio	9:30am	Deep Stretch Yoga Cathy Studio A				
	Zumba® Sandee Large Gym		Zumba Gold Toning® Sandee Studio A		Aqua Boot Camp Carol Indoor Pool		Aqua Zumba® Sandee Outdoor Pool		Aqua Zumba® Sandee Outdoor Pool				
	Aqua Mix Carol Indoor Pool	10:30am	Gentle Candlelight Yoga Myrna Studio A	10:30am	Aqua Mix Allison Outdoor Pool	10:30am	Candlelight Yoga Missy Studio A	10:30am	Aqua Mix Cheryl Indoor Pool				
Group Power® Ella Studio A	Aqua Mix Cheryl Outdoor Pool		Flow Yoga Cathy Studio A		Aqua Mix Christina Pool		Group Power® Leslie Studio A						
10:30am	Aqua Zumba® Viktoria Outdoor Pool	11:45am	SilverSneakers® Classic Cheryl Studio A	11:30am	Tai Chi Flow Sandee Studio A	11:45am	SilverSneakers® Classic Christina Studio A	11:45am	SilverSneakers® Classic Cheryl Studio A				
	11:45am	SilverSneakers® Classic Wendy Studio A	5:30pm	Group Groove® Marybeth Studio A	6:35pm	Flow Yoga Cathy Studio A	5:30pm	Group Cycle (45mins) Dana Cycle Studio	Saturday				
12:30pm	Chair Yoga Sandee Studio A	6:35pm	Step Becky Studio A	<div>the </div>			5:30pm	Group Groove® Marybeth Studio A	8:15am	Group Cycle Dana Cycle Studio			
6:00pm	Aqua Zumba® Staff Outdoor Pool	<div>Group Power classes are limited to 23 participants. Please get a card from front desk. Cards will be available 1 hour before class.</div>					6:35pm	Group Power® Dana Studio A	8:30am	Sculpt & Tone Anissa Studio A			
5:30pm	Group Power® Dana Studio A						<div>Pickleball Tues/Thurs @9:30am - 12:30pm Gym *No indoor play during inclement weather Outside courts open for play any time the facility is open</div>			9:30am	Aqua Mix Christina Indoor Pool (no class 6/14)		
6:35pm	Group Cycle (45mins) Dana Cycle Studio										Group Power® Dana Studio A		
	Flow Yoga Cathy Studio A									10:35am	Step Becky Studio A	11:35am	Salsa, Bachata Adam 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.													