

September Group Exercise Schedule

Monday

Tuesday

Wednesday

Thursday

Friday

8:30am	Strong & Sweaty Anissa Studio A	8:30am	HIIT Allison Large Gym	8:30am	Group Power® Allison Studio A	8:30am	Pilates Balance & Strength Hannah Studio A	8:30am	Sculpt & Tone Anissa Studio A		
9:30am	Pilates Balance & Strength Becky Studio A	9:30am	Group Cycle Allison Cycle Studio	9:30am	Zumba® Sandee Studio A	9:30am	Group Cycle Hannah Cycle Studio	9:30am	Deep Stretch Yoga Cathy Studio A		
	Zumba® Sandee Large Gym		Aqua Mix Missy W Pool (Begins 9/15)		Aqua Boot Camp Carol Pool		Aqua Zumba® Sandee Pool		Aqua Zumba® Sandee Pool		
	Aqua Mix Carol Pool		Zumba Gold Toning® Sandee Studio A		Aqua Mix Allison Pool		Candlelight Yoga Missy C Studio A		Aqua Mix Missy W Pool		
10:30am	Group Power® Leslie Studio A	10:30am	Gentle Yoga Myrna Studio A	10:30am	Flow Yoga Cathy Studio A	10:30am	Aqua Mix Christina Pool	10:30am	Group Power® Leslie Studio A		
	Aqua Zumba® Viktoria Pool		Aqua Mix Christina Pool		Stronger Longer Allison Studio A		Active for Life Christina Studio A		Tai Chi Flow Sandee Studio A		
11:45am	Active for Life Wendy Studio A	11:45am	Active for Life Christina Studio A	11:45am	Aqua Mix Corissa Pool	11:45am	Group Cycle (45mins) Dana Cycle Studio	Saturday			
12:30pm	Chair Yoga Sandee Studio A	5:30pm	Zumba® Gretchen Studio A	6:30pm	Flow Yoga Cathy Studio A	5:30pm	Zumba® Gretchen Studio A			8:15am	Group Cycle Dana Cycle Studio
4:30pm	POP Pilates Bree Studio A (Begins 9/14)	6:30pm	Step Becky Studio A				6:30pm			Group Power® Dana Studio A	9:30am
5:30pm	Group Power® Dana Studio A	CLOSED Monday 9/7 for Labor Day			Pickleball Tues/Thurs @9:30am-12:30pm Big Gym			9:30am	Group Power® Dana Studio A		
6:30pm	Group Cycle (45mins) Dana Cycle Studio								10:35am	Step Becky Studio A	
	Flow Yoga Cathy Studio A									11:35am	Salsa,Bachata Adam Studio A
Group Power classes are limited to 23 participants. Please get a card from front											

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.

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