



GROUP FITNESS STUDIO

HEALTH & FITNESS

WEEKLY SCHEDULE

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
7am							
8am	8:10-9:10 am Strength Training Jessica E.			8:30 - 9:30 am Body Pump Laura N.	8:15-9:15 am Kickboxing Nadyne		8:15 - 9:15 am Boot Camp Wendy
9am	9:15-10:15 am Cardio Mix Andrea G.	9:00 - 10:00 am Les Mills Body Pump Laura N.	9:15-10:15 am Barre Andrea G.	9:30 - 10:30 am Cardio kickboxing Lisa P.	9:30 - 10:30 am Strength Training Fran G.	9:30 - 10:30 am Zumba Misha K.	9:30 - 10:30 am Kickboxing Becky R.
10am	10:30 - 11:30 am Zumba Janet C.	10:15 - 11:15 AM Silersneakers Stella	10:30 - 11:30 am Zumba Toning Jessica E.	10:30 - 11:30 am Zumba Luz	10:30 - 11:30 am Zumba Janet C.	10:30 - 11:30 am Strength Training Lisa P	
11am	11:45-12:45 am SilverSneakers Andrea		11:45 - 12:45 pm Silersneakers Andrea G.		11:30 - 12:30 am Silersneakers Norma		11:00 - 12:00 am Zumba Susan O
12pm	12:45 - 1:45 pm SilverSneakers Chair Yoga Andrea G.	11:30 - 12:30 PM Zumba Gold Janet C.	12:45 - 1:45 PM SilverSneakers Andrea G.	11: 45 - 12:45pm Silersneakers Carol C.			
1pm							
2pm							
3pm							
4pm							
5pm		5:30 - 6:30 PM Kickboxing Lisa P.	5:15 - 6:15 pm Strength Training Lisa P.	5:30 - 6:30 pm Boot Camp Lisa P.			
	5:30-630 pm Strength Training Janina						
6pm	6:30-7:30 pm Zumba Janina		6:30 - 7:30 PM Zumba Luz	6:00 - 6:45 pm Kids Fitness Class (4-7)			
7pm	7:30 - 8:30 Strong by Zumba Vanessa	7:30 - 8:30 pm Zumba Susan O.		6:45 - 7:45 pm Zumba Susan O. 6:45 - 7:30 pm Kids Fitness Class (8-12)			
8pm				7:45 - 8:15pm Zumba Step Susan O.			