



GROUP FITNESS STUDIO

HEALTH & FITNESS

WEEKLY SCHEDULE

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
7am							
8am							
9am				9:30 - 10:30 am Cardio kickboxing Lisa P.	9:30 - 10:30 am Strength Training Fran G.		
10am		10:15 - 11:15 AM Zumba Maribel	10:15 - 11:15 AM Pilates Andrea G.	10:30 - 11:30 am Cardio Mix Andrea G.		10:30 - 11:30 am Strength Training Lisa P	
11am	11:30-12:30 pm SilverSneakers Norma	11:30 - 12:30 pm Silver Sneakers Andrea G.	11:30 - 12:30 PM Silver Sneakers Andrea G.	11:30 - 12:30 PM Silersneakers Carol C.	11:30 - 12:30 am Silersneakers Norma	11:45 - 12:45 Pilates Norma	11:00 - 12:00pm Body Rolling Nadeen
12pm		12:30-1:30pm Yoga Andrea G.			12:30 - 1:30 PM Yin Yoga Norma	12:45 - 1:45 PM Hatha Yoga Norma	
1pm						1:45 - 2:15 PM Meditation Norma	
2pm							
3pm							
4pm	4:00 -5:00 pm Pilates Norma			4:30 - 5:30 pm Pilates Andrea G.			
5pm	5:00-6:00 pm Yoga Norma	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.			
6pm	6:30-7:30 pm Zumba Janina	5:30-6:30 PM Yoga Yogacurlycarol Yoga Room		6:00-6:30 pm KIDS FITNESS CLASS ages (4-7) 6:30-7:00 pm ages (8-12)	*5:30-6:30 PM Yoga Yogacurlycarol Yoga Room		
7pm	7:45 - 8:45 pm STRONG Nation Vanessa P.	6:45 - 7:45 pm Zumba Susan O.	7:30 - 8:30 STRONG Nation Vanessa P.	6:45 - 7:45 pm Zumba Susan O.			
8pm							

* This Class is only offered the first Friday of every month