



GROUP FITNESS STUDIO

HEALTH & FITNESS

WEEKLY SCHEDULE

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
7am							
8am							
9am				9:45 - 10:45 am Cardio kickboxing Lisa P.	9:30 - 10:30 am Strength Training Fran G.		
10am		10:15 - 11:15 AM Silversneakers Stella	10:45 - 11:45 AM Pilates Andrea G.			10:30 - 11:30 am Strength Training Lisa P	
11am	11:30-12:30 am SilverSneakers Andrea	11:30 - 12:30 pm Yoga Carol C.	12:00 - 1:00 PM Silver Sneakers Andrea G.		11:30 - 12:30 am Silversneakers Norma	11:45 - 12:30 Pilates Norma	11:00 - 12:00pm Body Rolling Nadeen
12pm				11: 45 - 12:45pm Silversneakers Carol C.	12:45 - 1:45 PM Yin Yoga Norma	12:30 - 1:15 PM Hatha Flow Yoga Norma	
1pm						1:15 - 1:45 PM Meditation Norma	
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.			
	5:00-6:00 pm Yoga Norma						
6pm	6:45-7:45 pm Zumba Janina	6:45 - 7:45 PM Yoga Yogacurlycarol			* 6:45 - 7:45 PM Yoga Yogacurlycarol		
7pm		6:45 - 7:45 pm Zumba (Back Parking Lot) Susan O.	7:30 - 8:30 STRONG Nation Vanessa P.	6:45 - 7:45 pm Zumba (Back Parking Lot) Susan O.			
8pm							

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