



GROUP FITNESS STUDIO

WEEKLY SCHEDULE

Mon

Tue

Wed

Thu

Fri

Sat

Sun

6am

7am

8am

9am

10am

11am

12pm

1pm

2pm

3pm

4pm

5pm

6pm

7pm

8:45 - 9:15 am Ab
Burn Nick O.

9:00 -10:00 am Yoga
Lisa A.

9:00 -10:00 am Yoga
Lisa A.

9:30 - 10:30 am Tai
Chi Kaine

10:00 - 10:30 am Ab
Burn Nick O.

10:45 - 11:45 am
Stability/Mobility
Nancy R.

10:45 - 11:45 am
Silver Sneakers
Cindy B.

10:45 - 11:45 am
Silver Sneakers
Carmen

10:00 - 11:00 am Tai
Chi Kaine

11:30 - 12:30 pm
Silver Sneakers
Cindy B.

12:00 - 01:00 pm
Yoga Carmen

11:15 - 12:15 pm
Yoga Amy M.

12:00 - 01:00 pm
Yoga Lisa

12:30 - 1:30 pm
Chair Yoga Cindy B.

5:30 - 6:30 pm
Power Pump Nini

5:30 - 6:30 pm Yoga
Amy M.

5:30 - 6:30 pm
Power Pump Nini

6:15 - 7:15 pm Yoga
Mary A. (GX Studio)

7:00 - 8:00 pm Yoga
Mary A. (GX Studio)

7:30 - 8:30 pm
Zumba Yisel L.

7:30 - 8:30 pm Tai
Chi Kaine

6:45 - 7:45 pm
Zumba Maribel O.