



GROUP FITNESS STUDIO

WEEKLY SCHEDULE

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
6am							
7am							
8am						*8:45 - 9:45 am Full Body Blaster Nick O.	
9am	9:00 - 10:00 am Yoga Morgan G.		9:00 -10:00 am Yoga Lisa A.	9:30-10:30 am Stability/Mobility Nancy R.	9:00 -10:00 am Yoga Lisa A.	9:30 - 10:30 am Yoga Morgan G.	
10am	*10:00 - 10:30 am Ab Burn Nick O.	10:00-11:00 am Zumba Krystina R.	10:45 - 11:45 am Silver Sneakers Cindy B.	10:45 - 11:45 am Silver Sneakers Carmen H.	10:00-11:00 am Zumba Krystina R.		
11am	11:00 - 12:00 pm Silver Sneakers Cindy B.	11:00 - 12:00 am Stability/Mobility Nancy R.	*11:00-11:30 Am Stretch/Recovery Drew S.		11:00 - 12:00 pm Chair Yoga Cindy B.		11:30 - 12:30 pm Flow Yoga Lisa B.
12pm		12:00 - 01:00 pm Gentle Yoga Lisa B.		12:00 - 01:00 pm Yoga Carmen H.			
1pm							
2pm							
3pm							
4pm							
5pm	5:30 - 6:30 pm Power Pump Nini A.		5:30 - 6:30 pm HIIT Cardio and Strength Amy M.	5:30 - 6:30 pm Power Pump Nini A.			
6pm	*6:30-7:30 pm Cardio Kickboxing Nini A.	6:30 - 7:30 pm Flow Yoga Lisa B.	6:30 - 7:30 pm Yoga Amy M.	*6:00-7:00pm Kid's Training (ages 6-18) Jermain W.			
7pm	7:00 - 8:00 pm Yoga Mary A.			6:30 - 7:30 pm Yoga Mary A.			

*Located in the Functional Area