



Group Fitness Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15 AM		Spin Leslie		Spin Leslie		
8:00 AM	HIIT Explosion Aimee	Spinerval Aimee	Barre Amanda	HIIT Explosion Aimee	Power Step Cindy	
9:00 AM	YOGA* Cindy	Zumba Amanda			YOGA* Cindy	
10:00 AM	Senior Dance Bonnie	Silver Sneakers Amanda	Chair Yoga Amanda	Silver Sneakers Cindy		
5:00PM	Power Step Bonnie/Claire					
6:00PM	Spin Aimee	Ultimate Fizique Cindy	Sweat Fest Claire	HIIT Cindy/Claire		

***Please bring your own mat for classes, we are unable to provide them**