



Schedule Through March 16

Group Fitness Schedule

Winter 2020

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15 AM	Ultimate Fizique Cindy	Spin Leslie		Spin Leslie		
8:00 AM	HIIT Explosion Aimee	R.I.P.P.E.D Cindy	Barre Amanda P	HIIT Explosion Aimee	Power Step Cindy	Boot Camp Joyce
9:05 AM	Yoga Amanda P				Yoga Cindy	
10:10 AM	1 st -3 rd Zumba Gold 2 nd -4 th Senior Aerobics Tiffany	Silver Sneakers Classic Amanda P.	Chair Yoga Amanda P	Silver Sneakers Classic Patty		
12:00 PM	30 Min Afterburn		30 Min Afterburn		3:30-4:00 PM Kids Water Bootcamp Cindy	
5:00 PM	Interval Explosion Joyce	Barre Amanda P.	Step Class Tiffany	Body Burner Megan	Rapid Fit Megan	
6:00 PM	Spin Aimee		5:30 PM Beginners 6:00 PM Spin (Regular) Aimee			
6:10 PM	Zumba Lisa	Power Step Cindy	Zumba Strong Lisa	Ultimate Fizique On fire Cindy		
7:00 PM		Yoga Cindy				