



# Group Fitness Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15am						
8:00am	HIIT Explosion Aimee	Spinerval Aimee	Barre Amanda	Spin Leslie Power Step Tiffany	HIIT Explosion Aimee	
9:00am	Yoga Cindy	Zumba Amanda	Chair Yoga Amanda		Yoga Cindy	
10:00am	Senior Dance Amanda	Silver Sneakers Amanda	Yoga Cindy/Amanda	Silver Sneakers Cindy		
5:00pm	Power Step 2.0 Claire					
6:00pm	Spin Aimee	Ultimate Fizique Cindy	Body Burner Megan	Ultimate HIIT Cindy		