



**FACILITY IMPROVEMENT WEEK:** (Monday 8/31 - Monday 9/7)

**MODIFIED GROUP EXERCISE SCHEDULE**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>MUSCLE MIX</b> 5:30 - 6:30 a.m. Debbie- S1&S2	<b>ZUMBA</b> 6:00 - 7:00 a.m. Nicole- DS				<b>OUTDOOR BOOTCAMP</b> 7:45 - 9:00 a.m. Gia- Kuser Park	
<b>GROUP CYCLE</b> 6:30 - 7:15 a.m. Debbie- S2	<b>INTERMEDIATE PILATES</b> 6:30 - 7:30 a.m. Bob- SMB					
<b>INSANITY</b> 6:30 - 7:30 a.m. Gia- DS	<b>EXPRESS BOOT CAMP</b> 7:15 - 7:45 a.m. Bethann - S1					
<b>STEP &amp; TONE</b> 9:15 - 10:15 a.m. Christine- S1&S2	<b>CIRCUIT TRAINING</b> 9:00 - 10:00 a.m. Rick- S1&S2					
<b>ZUMBA</b> 10:15 - 11:00 a.m. Kristin - S1&S2	<b>ZUMBA STEP</b> 10:00 - 11:00 a.m. Karina- S1					
<b>HATHA YOGA</b> 12:30 - 1:30 p.m. Cheri- SMB	<b>REC DANCE</b> 10:00 - 11:00 a.m. S2					

<b>ZUMBA</b> 5:00 - 6:00 p.m. Jill- S1&S2	<b>MUSCLE MIX</b> 4:00 - 5:00 p.m. Katrine- S1 & S2		
<b>MAT PILATES</b> 5:30 - 6:30 p.m. Katrine- SMB	<b>GROUP CYCLE</b> 5:15 - 6:15 p.m. Susanne A.- S2		
<b>MUSCLE MIX</b> 6:00 - 7:00 p.m. Beth- S1	<b>ZUMBA TONING</b> 5:15 - 6:15 p.m. Nicole- HLC		
<b>GROUP CYCLE</b> <b>6:00 - 7:00 p.m.</b> Annette- S2	<b>MUSCLE MIX</b> 6:15 - 7:15 p.m. Karen- S1&S2		
<b>POWER YOGA</b> 6:30 - 7:30 p.m. Chris- SMB	<b>ZUMBA</b> 7:15 - 8:15 p.m. Jill- S2		
<b>STEP &amp; TONE</b> 7:00 - 8:00 p.m. Pat- S1&S2	<b>H.I.I.T</b> 7:15 - 8:15 p.m. Kristina- S1		
<b>GRACE MOVES YOGA</b> 7:30 - 8:30 p.m. Chris- SMB	<b>ZUMBA</b> 8:15 - 9:15 p.m. Erica- S2		
<b>ZUMBA</b> 8:00 - 9:00 p.m. Lisa- S2			
<b>KICK O MANIA</b> 8:30 - 9:45 p.m. Suzanne- S1			
<b>BOKWA</b> 8:00 - 9:00 p.m. Liz- DS			
S1=Studio 1	SMB= Spirt, Mind, Body		
S2=Studio 2	DS= Dance Studio		

**We're Improving for you!**

- Group Exercise Classes will NOT run beginning Wed 9/2 through Mon 9/7. Fall I Session begins Tues 9/8
- AOA summer schedule ends Fri 9/28 and will start back for the Fall I session on Tues 9/8
- Beginning 9am on Tues 9/1 the Dance AND the Spirt, Mind, Body Studios will be closed until Tues 9/8
- The pool will be closed beginning Mon 8/31 and reopens Tues 9/8
- The Wellness Center will be open the following days and times:

**Mon 8/31 - Thurs 9/3 Regular Hours**  
**Fri 9/4 - 5:30am-6:00pm**  
**Sat 9/5 - 7:00am-6:00pm**  
**Sun 9/6 - 9:00am-5:00p**  
**Mon 9/7 - CLOSED**



**the**  <sup>TM</sup>

