

EVENING GROUP EXERCISE SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
ZUMBA TONING 5:15pm-6:00pm Jill - S1&S2	CYCLE 5:15pm-6:15pm Susanne A.- SMB	ZUMBA TONING 5:00pm-6:00pm Brenda - S1&2	H.I.I.T 5:00pm-6:00pm Danielle - S1&S2	LES MILLS BODYPUMP 5:00pm-6:00pm Michele- S1&S2		
MAT PILATES 5:00pm-6:00pm Katrine- SMB	H.I.I.T & CORE 5:00pm-6:00pm Kristina- S1&S2	TOTAL BODY BALL 5:15pm-6:00pm Katrine- SMB	CYCLE 5:15pm-6:15pm Annette- SMB	ZUMBA 6:00pm-7:00pm Nicole - S1&S2		
MUSCLE MIX 6:00pm-7:00pm Beth- S1&S2	BACK CARE YOGA 6:15PM-7:15pm Chris- SMB	KICK & SCULPT 6:00pm-7:00pm Beth- S1&S2	ZUMBA 6:15pm-7:15pm Kristin - S1&S2	GENTLE YOGA 7:00pm-8:00pm Chris- SMB		
CYCLE 6:00pm-7:00pm Annette- SMB	MUSCLE MIX 6:15PM-7:15pm Karen- S1&S2	HATHA YOGA 6:30pm-7:30pm Cheri- SMB	VINYASA YOGA 7:00pm-8:00pm Chris- SMB	MUSCLE MIX 7:00pm-8:15pm Suzanne- S1&S2		
ZUMBA 7:00pm-8:00pm Lisa- S1&S2	POWER YOGA 7:15pm-8:15pm Chris- SMB	ZUMBA 7:00pm-7:45pm Beth- S1&S2	INSANITY 7:15pm-8:15pm Gia- S1&S2			
GRACE MOVES YOGA 7:30pm-8:30pm Chris- SMB	ZUMBA 7:15pm-8:15pm Erica - S1&S2	BELLY DANCING 7:45pm-8:30pm Katya - SMB	ZUMBA 8:15pm-9:15pm Erica - S1&S2			
KICK & SCULPT 8:00pm-9:15pm Suzanne- KG/S1&S2		STEP MANIA 8:00pm-9:15pm Suzanne- S1&S2				



AQUA GROUP EXERCISE SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WATER AEROBICS 8:00am-9:00am Dave - Pool	SPLASH FITNESS 7:00am-8:00am Trudy - Pool	WATER AEROBICS 8:00am-9:00am Katie - Pool	WATER FITNESS 8:00am-9:00am Dave - Pool	WATER AEROBICS 8:00am-9:00am Dave - Pool	AQUA ZUMBA 8:00am-8:45am Jill- Pool	
WATER FITNESS 9:00am-10:00am Barbara - Pool	WATER FITNESS 8:00am-9:00am Dave - Pool	WATER FITNESS 9:00am-10:00am Peaches - Pool	AQUAFIT 9:00am-10:00am Katie - Pool	DEEP WATER FITNESS 9:15am-10:15am Mickie- Pool		
DEEP WATER FITNESS 9:30am-10:30am Katie - Pool	AQUAFIT 9:00am-10:00am Dave - Pool	CORE AQUATICS 12:30pm-1:00pm Katrine-Pool	DEEP WATER FITNESS 10:00am-11:00am Peaches - Pool	CORE AQUATICS 12:30pm-1:00pm Katrine-Pool		
AQUAFIT PLUS 1:30pm-2:30pm Katrine- Pool	DEEP WATER FITNESS 9:30am-10:30am Katie - Pool	AQUAFIT 1:30pm - 2:30pm Peaches- Pool	AQUAFIT PLUS 1:30pm-2:30pm Katrine -Pool	AQUAFIT 2:00pm-3:00pm Peaches - Pool		
CORE AQUATICS 2:30pm-3:00pm Katrine-Pool	AQUA ZUMBA 2:00pm-2:45pm Jill- Pool	DEEP WATER FITNESS 7:00pm-8:00pm Carol- Pool	AQUA YOGA 2:30pm-3:15pm Cheri - Pool			
DEEP WATER FITNESS 7:00pm-8:00pm Carol-Pool	AQUA ZUMBA 7:15pm-8:15pm Jill- Pool					