



GROUP FITNESS SCHEDULE

Summer I session

Effective June 1



Aerobics room	Time	Monday	Tuesday	Wednesday	Thursday	Friday	TIME	Saturday	Sunday
	5:15 AM		Bodyshop		Bodyshop				
	6:00AM						7:30 AM	Bodyshop	
	6:15 AM						8:30 AM	Step	
	8:30 AM						9:30 AM		
	9:30 AM						10:45AM		
	12:00 PM								
	4:30 PM	Bodyshop & Abs		Bodyshop & Abs		Step & Strength	2:30 PM		
	5:30 PM	Step		Step	Kickboxing		4:00 PM		
	6:30 PM		 6:40pm		 6:40pm			Starting July 1 the Y will be closed on Sundays.	
7:20 PM									
TIME	Monday	Tuesday	Wednesday	Thursday	Friday	TIME	Saturday	Sunday	
5:15 AM			Cycle			7:10 AM	Cycle		
8:30 AM									
9:30 AM	Bodyshop	Pilates	Bodyshop	Pilates					
5:30 PM	Beginner Step	Inner Peace		Inner Peace					
6:30 PM	Bodyshop		Bodyshop						
6:45 PM		Cycle		Cycle					
TIME	Monday	Tuesday	Wednesday	Thursday	Friday	TIME	Saturday	Sunday	
6:00 AM	Power Hour (Gym)		Aqua Power Hour (Pool)		Power Hour (Gym)				
8:30 AM	Hi/Lo Workout (Gym)		Hi/Lo Workout (Gym)		Hi/Lo Workout (Gym)				
9:30 AM		Aqua Power Hour (Pool)		Power Hour (Gym)					
	Silver Foxes (Gym)12:15p		Silver Foxes (Gym)12:15p		Silver Foxes (Gym)12:15p				

Multi-purpose

Other