



# GROUP FITNESS SCHEDULE

WINTER 1 session

Effective January 12 - February 21



Aerobics room	Time	Monday	Tuesday	Wednesday	Thursday	Friday	TIME	Saturday	Sunday
	5:15 AM		Bodyshop	Cycle	Bodyshop		7:30 AM	Bodyshop	
	6:15 AM						8:30 AM	Step	
	8:30 AM	Cycle		Cycle			9:30 AM		
	9:30 AM						2:00 PM		Kickboxing
	10:45 AM		Cycle				3:00PM		
	12:00 PM						4:00 PM		
	4:30 PM	Bodyshop		Bodyshop					
	5:30 PM	Step		Step	Youth Sports				
	6:30 PM				Youth Sports				

White Room	TIME	Monday	Tuesday	Wednesday	Thursday	Friday	TIME	Saturday	Sunday
	8:30 AM						7:10 AM	Cycle	
	9:30 AM	Bodyshop	Pilates	Bodyshop	Pilates				
	4:30 PM								
	5:30 PM	Beginner Step	Inner Peace		Inner Peace				
	6:30 PM	Bodyshop		Bodyshop					
	6:45 PM		Cycle						

Other	TIME	Monday	Tuesday	Wednesday	Thursday	Friday	TIME	Saturday	Sunday
	6:00 AM	Power Hour		Aqua Power Hour (Pool)		Power Hour			
	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	Line Dancing (KCC)6:30 PM	Silver Foxes (Gym)12:15p	Line Dancing (KCC)6:30 PM	Silver Foxes (Gym)12:15p			