



# GROUP FITNESS SCHEDULE

Winter 1 session

Effective January 4



Aerobics Room	Time	Monday	Tuesday	Wednesday	Thursday	Friday	TIME	Saturday	Sunday
	5:15 AM		<b>BodyShop</b>		<b>BodyShop</b>				
	6:00AM						8:30 AM		
	8:30 AM	<b>Hi/Lo</b>		<b>Hi/Lo</b>		<b>Hi/Lo</b>	9:30 AM		
	9:30 AM						10:45AM		
	12:00 PM				<b>Step</b>				
	4:25 PM					<b>Step &amp; strength</b>	2:30 PM		
	5:30 PM		<b>Step</b>		<b>Kickboxing</b>				
	6:40 PM								
	7:20 PM								
Multi-Purpose	TIME	Monday	Tuesday	Wednesday	Thursday	Friday	TIME	Saturday	Sunday
	8:30 AM								
	9:30 AM	<b>BodyShop</b>	<b>Pilates</b>	<b>BodyShop</b>	<b>Pilates</b>	<b>Beginner Pilates</b>			
	4:30 PM	<b>Bodyshop &amp; abs</b>		<b>Bodyshop &amp; abs</b>					
	5:30 PM	<b>Beg. Step</b>	<b>Inner Peace</b>		<b>Inner Peace</b>				
	6:30 PM	<b>Beg. Bodyshop</b>		<b>Beg. Bodyshop</b>					
Cycle Studio	TIME	Monday	Tuesday	Wednesday	Thursday	Friday	TIME	Saturday	Sunday
	5:15 AM								
	6:15 AM								
	9:30 AM	<b>cycle</b>							
	4:30 PM								
	5:30PM	<b>cycle</b>		<b>cycle</b>					
Other	TIME	Monday	Tuesday	Wednesday	Thursday	Friday	TIME	Saturday	Sunday
	9:30 AM		<b>Aqua Power Hour (pool)</b>		<b>Power hour (gym)</b>				
	12:15 PM	<b>Silver Foxes (gym)</b>		<b>Silver Foxes (gym)</b>		<b>Silver Foxes (gym)</b>			