



GROUP FITNESS SCHEDULE

Winter 2 session

Effective February 22



Aerobics Room	Time	Monday	Tuesday	Wednesday	Thursday	Friday	TIME	Saturday	Sunday
	5:15 AM		BodyShop		BodyShop				
	6:00AM						8:30 AM		
	8:30 AM	Hi/LO		Hi/LO		Hi/LO	9:30 AM		
	9:30 AM						10:45AM		
	12:00 PM				Step				
	4:30 PM					Step & strength	2:30 PM		
	5:35 PM		Step		Kickboxing				
	6:40 PM								
	7:20 PM								
Multi-Purpose	TIME	Monday	Tuesday	Wednesday	Thursday	Friday	TIME	Saturday	Sunday
	8:30 AM								
	9:30 AM	BodyShop	Pilates	BodyShop	Pilates	Beginner Pilates			
	4:30 PM	Bodyshop & abs		Bodyshop & abs					
	5:30 PM	Beg. Step	Inner Peace		Inner Peace				
	6:30 PM	Beg. Bodyshop		Beg. Bodyshop					
Cycle Studio	TIME	Monday	Tuesday	Wednesday	Thursday	Friday	TIME	Saturday	Sunday
	5:15 AM								
	6:15 AM						8:30 AM		
	9:30 AM	cycle							
	4:30 PM								
	5:30PM	cycle		cycle					
Other	TIME	Monday	Tuesday	Wednesday	Thursday	Friday	TIME	Saturday	Sunday
	9:30 AM		Aqua Power Hour (pool)		Power hour (gym)				
	12:15 PM	Silver Foxes (gym)		Silver Foxes (gym)		Silver Foxes (gym)			