

**Group Fitness Schedule**  
October 2022

| 2 SUN                                                                                                                              | 3 MON                                                                                                                                                                                                                                                                                                                                                                                                                                                 | 4 TUE                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | 5 WED                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | 6 THU                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | 7 FRI                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | 8 SAT                                                                                                                                                                                                                                                  |
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| <b>Power Pump</b><br>12:30 PM<br>Mary W.<br><br><b>Zumba®</b><br>2:30 PM<br>Rotation 1.<br><br><b>Yoga</b><br>4:00 PM<br>Manjit K. | <b>Yoga</b><br>5:30 AM<br>Andi C.<br><br><b>Water Fit Combo</b><br>8:00 AM<br>Marcia R.<br><br><b>Tabata</b><br>9:15 AM<br>Mary R.<br><br><b>Delay The Disease</b><br>10:30 AM<br>Noelle B.<br><br><b>Fit For Life H2O</b><br>12:00 PM<br>Mary C.<br><br><b>Boot Camp</b><br>12:00 PM<br>Thena K.<br><br><b>Boot Camp</b><br>4:30 PM<br>Nisha A.<br><br><b>Water Fit Combo</b><br>5:30 PM<br>Lacey S.<br><br><b>MixedFit®</b><br>5:30 PM<br>Sydney H. | <b>Group Cycling</b><br>5:30 AM<br>Shari R.<br><br><b>Water Fit Combo</b><br>5:30 AM<br>Holly D.<br><br><b>Water Fit Combo</b><br>8:00 AM<br>Marcia R.<br><br><b>Zumba®</b><br>9:00 AM<br>Sydney H.<br><br><b>Group Cycling</b><br>9:15 AM<br>Noelle B.<br><br><b>Yoga</b><br>9:15 AM<br>Maggie A.<br><br><b>Multiple Sclerosis Class</b><br>10:00 AM<br>Zahra H.<br><br><b>Core &amp; More</b><br>10:15 AM<br>Noelle B.<br><br><b>Tabata</b><br>12:00 PM<br>Lyndsy S.<br><br><b>Boot Camp</b><br>5:30 PM<br>Kristine D.<br><br><b>Pound®</b><br>5:30 PM<br>Katie M.<br><br><b>Zumba®</b><br>6:30 PM | <b>Group Cycling</b><br>5:30 AM<br>Rhonda R.<br><br><b>Power C.S.I.</b><br>5:45 AM<br>Stephanie M.<br><br><b>Power C.S.I.</b><br>9:15 AM<br>Tiffany K.<br><br><b>Yoga</b><br>9:15 AM<br>Maggie A.<br><br><b>Core &amp; More</b><br>10:30 AM<br>Noelle B.<br><br><b>Fit For Life Strength</b><br>11:10 AM<br>Ken S.<br><br><b>Fit For Life H2O</b><br>12:00 PM<br>Rose T.<br><br><b>Power C.S.I.</b><br>12:00 PM<br>Karla H.<br><br><b>Group Cycling</b><br>5:30 PM<br>Kim F.<br><br><b>Zumba®</b><br>5:30 PM<br>Sydney H. | <b>Group Cycling</b><br>5:30 AM<br>Tammy W.<br><br><b>Water Fit Combo</b><br>5:30 AM<br>Melissa M.<br><br><b>Yoga</b><br>5:30 AM<br>Maryana G.<br><br><b>Water Fit Combo</b><br>8:00 AM<br>Marcia R.<br><br><b>Group Cycling</b><br>9:15 AM<br>Betsy A.<br><br><b>Zumba®</b><br>9:15 AM<br>Greta G.<br><br><b>Multiple Sclerosis Class</b><br>10:00 AM<br>Zahra H.<br><br><b>Core &amp; More</b><br>10:15 AM<br>Noelle B.<br><br><b>Delay The Disease</b><br>10:30 AM<br>Mary R.<br><br><b>Tabata</b><br>12:00 PM<br>Mary R.<br><br><b>Yoga</b><br>6:00 PM<br>Casey B.<br><br><b>Zumba®</b> | <b>Boot Camp</b><br>5:30 AM<br>Tiffany K.<br><br><b>Water Fit Combo</b><br>8:00 AM<br>Patricia S.<br><br><b>Power Pump</b><br>8:15 AM<br>Mary W.<br><br><b>Yoga</b><br>9:30 AM<br>Susanne M.<br><br><b>Power C.S.I.</b><br>11:00 AM<br>Judy F.<br><br><b>Fit For Life H2O</b><br>12:00 PM<br>Rose T.<br><br><b>Boot Camp</b><br>12:00 PM<br>Mary W.<br><br><b>Power C.S.I.</b><br>4:30 PM<br>Renee E.<br><br><b>Water Fit Combo</b><br>5:30 PM<br>Lacey S.<br><br><b>Zumba®</b><br>5:45 PM<br>Aimee G. | <b>Group Cycling</b><br>7:30 AM<br>Kim B.<br><br><b>Yoga</b><br>8:45 AM<br>Maryana G.<br><br><b>Group Cycling</b><br>9:00 AM<br>Noelle B.<br><br><b>Grovey Effect</b><br>9:10 AM<br>Danielle G.<br><br><b>Core &amp; More</b><br>10:15 AM<br>Noelle B. |

Amina G.

6:30 PM

**Yoga**

Kristin W.

6:35 PM

Emily S.