

Group Fitness Schedule
October 2022

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2 SUN	3 MON	4 TUE	5 WED	6 THU	7 FRI	8 SAT
Yoga 3:00 PM Amy A.	Boot Camp 5:15 AM Carla Z. Water Fit Shallow 8:00 AM Diana S. Water Fit Shallow 9:30 AM Rotation 1. Yoga 9:30 AM Iryna P. Boot Camp 12:15 PM Suzi O. POP Pilates 5:30 PM Alana F. Cycling Fusion® 5:30 PM Emily W. Yoga 6:30 PM Kari M.	Boot Camp 5:15 AM Dezi M. Water Fit Shallow 5:30 AM Wendy H. Strength Training 8:30 AM Amber H. Water Fit Shallow 9:30 AM Tonya S. Boot Camp 12:15 PM Johnathon H. Pound® 5:30 PM Nikki D. Group Cycling 5:30 PM Amber H. MixedFit® 6:30 PM Sydney H.	Group Cycling 5:15 AM Carla Z. Yoga 8:30 AM Iryna P. Water Fit Shallow 9:30 AM Tonya S. Boot Camp 9:30 AM Jana H. Enhance Fitness 11:00 AM Tonya S. Boot Camp 12:15 PM Kevin K. Boot Camp 4:30 PM Jodie J. Boot Camp 5:30 PM Ashley D. Johnathon . Water Fit Shallow 5:40 PM Becky M. Yoga 6:30 PM Amy A.	Boot Camp 5:15 AM Tyler W. Water Fit Shallow 5:30 AM Wendy H. Strength Training 8:30 AM Amber H. Kickboxing 9:30 AM Natasha K. Water Fit Shallow 9:30 AM Tonee E. Group Cycling 9:30 AM Jana H. Boot Camp 5:30 PM Nate H. Cycling Fusion® 5:30 PM Rotation 1. MixedFit® 6:30 PM Sydney H. Michelle .	Group Cycling 5:15 AM Carla Z. Step 8:30 AM Rotation 1. Water Fit Shallow 9:30 AM Diana S. Yoga 9:30 AM Maggie A.	Water Fit Shallow 8:00 AM Wendy H. Yoga 8:00 AM Rotation 1. Power C.S.I. 9:00 AM Rotation 1. Cycling Fusion® 9:30 AM Ashley D. MixedFit® 11:00 AM Sydney H. Michelle .