

Group Fitness Schedule
October 2022

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9 SUN	10 MON	11 TUE	12 WED	13 THU	14 FRI	15 SAT
Boot Camp 2:00 PM Michael H.	Power C.S.I. 5:15 AM Jen S.	Cycling Fusion® 5:15 AM Betsy A.	Strength Training 5:15 AM Johnathon H.	Water Fit Combo 5:30 AM Jennifer O.	Boot Camp 5:15 AM Dolly M.	Group Cycling 7:30 AM Shari R.
Restorative Yoga 3:00 PM Rotation 1.	Tabata 9:15 AM Lindsey S.	Cycling Fusion® 9:15 AM Tallie G.	Power C.S.I. 9:15 AM Jennifer B.	Tabata 9:15 AM Tallie G.	Tai Chi/Chair Yoga 10:00 AM Trish H.	Boot Camp 9:05 AM Jennifer B.
Zumba® 4:00 PM Lisa W.	Enhance Fitness 11:00 AM Nancy P.	Zumba® Gold 10:00 AM Rachel J.	Yoga 9:15 AM Vanessa W.	MixedFit® 10:10 AM Thireena Y.	Enhance Fitness 11:00 AM Trish H.	Yoga 9:15 AM Andi C.
	Pilates 11:00 AM Jessie K.	Water Fit Combo 11:00 AM Mary C.	Enhance Fitness 11:00 AM Lyndsay F.	Water Fit Combo 11:00 AM Trish H.	Group Cycling 12:00 PM Tallie G.	Zumba® 10:00 AM Greta G.
	Yoga 12:00 PM Jessie K.	Fit For Life Strength 12:00 PM Vanessa R.	Strength Training 12:00 PM Vanessa R.	Fit For Life Chair Stretch/Yoga 12:00 PM Jessie K.	Yoga 12:00 PM Lauren H.	
	Water Fit Combo 4:30 PM Lyn S.	Refit® 4:30 PM Lora S.	Group Cycling 12:00 PM Tallie G.	Tabata 4:30 PM Nancy P.	Kickboxing 4:30 PM Cathy M.	
	Water Fit Combo 5:30 PM Lyn S.	Boot Camp 5:30 PM Kendra M.	MixedFit® 5:30 PM Becca O.	Zumba® 5:30 PM Aimee G.	Aqua Zumba® 5:30 PM Rachel H.	
	Boot Camp 5:30 PM Brett W.	Group Cycling 5:30 PM Gayle R.	Yoga 5:30 PM Andi C.	Water Fit Combo 5:30 PM Mary C.		
	MixedFit® 5:30 PM Cathy M.	Yoga 5:30 PM Lauren H.	Strength Training 6:30 PM Brenda I.	Group Cycling 5:30 PM Mary L.		
	Group Cycling 5:30 PM Kim B.			Yoga 5:30 PM Heather N.		