

COOPER

Group Fitness Schedule
February 2023

»
(p)

Director I

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