

GROUP FITNESS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:20 - 9:00 am Core Max Xpress Kathryn 0	6:00 - 7:00 am Spinning Marilyne 0		6:00 - 7:00 am Spinning Marilyne 0	8:20 - 9:00 am Core Max Xpress Kathryn 0		
9:00 - 9:45 am Step II Kathryn II	9:00 - 10:00 am Spinning Deb 0	9:00 - 10:00 am Interval Training Deb II	9:00 - 10:00 am Spinning Deb 0	9:00 - 9:45 am Step II Kathryn II	7:45 - 8:45 am Spinning Gregg 0	
9:45 - 10:30 am Bone Building Strength Kathryn 0		10:00 - 10:30 am Pilates Matwork Deb 0		9:45 - 10:30 am Bone Building Strength Kathryn 0	9:00 - 10:00 am Yoga Natalie 0	
	10:15 - 11:15 am Low Impact Interval Training Deb I		10:15 - 11:15 am Basic Low Impact & Ball Deb I			10:45 - 11:30 am Step Interval Verna 0
10:40 - 11:30 am Yogilates Kathryn 0	12:00 - 1:00 pm Spinning Renee 0	10:45 - 11:45 am Yoga Deb 0	12:00 - 1:00 pm Spinning Renee G 0	10:40 - 11:30 am Yogilates Kathryn 0		11:30 - 12:30 pm Bone Building Strength Verna 0
4:30 - 5:30 pm Spinning Deb 0	4:30 - 5:30 pm Body Conditioning Rossy 0	4:30 - 5:30 pm Spinning Dee 0	4:30 - 5:30 pm Athletic Conditioning Deb 0			
5:45 - 6:45 pm Gentle Yoga Rossy 1	5:45 - 6:45 pm Yoga Molly 0	5:45 - 6:45 pm Condition/Climb/Core Rossy 0	5:45 - 6:45 pm Yoga Julie 0		Class Levels: I - Beginner II - Intermediate/Advanced III - Advanced 0 - Open All classes conducted in aerobics room Free to members Schedule effective January 24, 2017	