

# GROUP FITNESS STUDIO SCHEDULE

## APRIL 2<sup>ND</sup> – JUNE 9<sup>TH</sup>, 2018

NO CLASSES ON MONDAY, MAY 28<sup>TH</sup>.

CLASSES MUST MAINTAIN A 6 PERSON AVERAGE PER MONTH TO REMAIN ON THE SCHEDULE.

CLASSES IN **RED** ARE PAID AND RUN IN SESSIONS.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00-6:45AM	Y-HIIT w/ JOHN (H)		Y-HIIT w/ JOHN (H)			
8:30-9:30AM			SENIOR FIT w/ LARRY (L)			
9:00-10:00AM	SILVERSNEAKERS® CLASSIC w/ IRINA (L)				SILVERSNEAKERS® CLASSIC w/ LARRY (L)	9:30- 10:30AM POWER YOGA w/ JESS (M/H)
10:00-11:00AM	SILVERSNEAKERS® YOGA w/ IRINA (L)					
10:30AM- 12:00PM		LIVESTRONG® APPROVAL REQUIRED		LIVESTRONG® APPROVAL REQUIRED		
11:15AM- 12:00PM						BOOT CAMP w/ ZOE (M/H)
12:15-12:45PM		STRETCH EXPRESS w/ CARL (A)		STRETCH EXPRESS w/ CARL (A)		
4:00-5:00PM	<b>TAE KWON DO w/ JIM EVANS</b>		<b>TAE KWON DO w/ JIM EVANS</b>			
5:15-6:00PM	ZUMBA® w/ MELANIE (A)	KETTLEBELLS w/ MARY JO (M/H)	BOOT CAMP w/ KRISTI (A)	KETTLEBELLS w/ MARY JO (M/H)	5:00 – 6:00 PM BALL ROOM DANCE w/ LARRY (A)	
6:00-6:15PM	DANCE FUSION w/ MELANIE (A)	CORE BLASTER w/ LARRY (A)				
6:15-7:15PM				PILATES w/ MICHELLE (A)		
6:30-7:30PM	GENTLE YOGA w/ AUDREY (A)		SHAKE IT, TONE IT w/ MICHELLE (A)			