

# Group Exercise Class Schedule

|         | Monday                                | Tuesday                                       | Wednesday                      | Thursday                                    | Friday                        |
|---------|---------------------------------------|-----------------------------------------------|--------------------------------|---------------------------------------------|-------------------------------|
| 6am     |                                       | <b>Strength Training</b><br>Kaitlyn           |                                | <b>Strength Training</b><br>Kaitlyn         |                               |
| 8am     |                                       | <b>Yoga</b><br>Ellen                          | <b>Yoga</b><br>Matt            | <b>Yoga</b><br>Ellen                        | <b>Yoga</b><br>Matt           |
| 8:30am  |                                       | <b>Bootcamp</b><br>(paid program)             |                                | <b>Bootcamp</b><br>(paid program)           |                               |
| 9am     | <b>Spin</b><br>Kaitlyn                |                                               | <b>Cardio Blast</b><br>Kaitlyn |                                             | <b>Circuit Training</b><br>Al |
| 9:15am  |                                       | <b>Forever Fit</b><br>(Begins June 23)        |                                | <b>Forever Fit</b><br>(paid program)        |                               |
| 10am    |                                       | <b>Functional Balance</b><br>(Begins June 23) |                                | <b>Functional Balance</b><br>(paid program) |                               |
| 10:30am | <b>Chair Yoga</b><br>(begins June 22) |                                               |                                |                                             |                               |
| 11am    |                                       |                                               |                                |                                             |                               |
| 12pm    | <b>Yoga (11:30)</b><br>Ellen          | <b>Spin &amp; Sculpt</b><br>Lisa              | <b>Adaptive P.E.</b><br>Kevin  | <b>Spin &amp; Sculpt</b><br>Lisa            | <b>Adaptive P.E.</b><br>Kevin |
| 4:30pm  |                                       | <b>Fit Challenge</b><br>Brian                 |                                | <b>Fit Challenge</b><br>Brian               |                               |
| 5:30pm  |                                       | <b>Yoga</b><br>Ellen                          | <b>Yoga</b><br>Blythe          |                                             |                               |
| 6:15pm  |                                       |                                               |                                |                                             |                               |
| 6:30pm  |                                       |                                               |                                |                                             |                               |

ON GOOD DAYS,  
 WORK OUT.  
 ON BAD DAYS,  
 WORK OUT  
 HARDER.



“COMMIT  
 TO BE  
 FIT.”

\*updated 9/9/20

Classes in Blue are Paid Programs. Ask the front desk for details.

All classes are 60 min unless otherwise noted.