



Group Exercise Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00 AM		<u>LeanXtreme</u> - Multifitness Studio		<u>LeanXtreme</u> - Multifitness Studio		
5:30 AM	<u>Power Hour</u> - Multifitness Studio	<u>Cycle</u> - Cycling Studio <u>PiYo</u> - Mind Body Studio	<u>Power Hour</u> - Multifitness Studio	<u>Cycle</u> - Cycling Studio	<u>Cardio Crazy</u> - Multifitness Studio	
6:00 AM	<u>Early Morning Aqua</u> - Resistance Pool	<u>All Ages and Stages</u> - Multifitness Studio	<u>Early Morning Aqua</u> - Resistance Pool	<u>All Ages and Stages</u> - Multifitness Studio	<u>Early Morning Aqua</u> - Resistance Pool	
7:30 AM	<u>Silver Splash</u> - Resistance Pool		<u>Silver Splash</u> - Resistance Pool		<u>Silver Splash</u> - Resistance Pool	
8:00 AM			<u>Pilates Reformer</u> <u>Jump Board Training</u> <u>Reformer Studio</u>		<u>Pilates Reformer</u> <u>Jump Board Training</u> - Reformer Studio	
8:15 AM		<u>Stepaholics</u> (45 min) - Multifitness Studio		<u>Stepaholics</u> (45 min) - Multifitness Studio		
8:30 AM	<u>Turbo Kickboxing</u> - Multifitness Studio <u>Cycle</u> - Cycling Studio <u>Gentle Yoga</u> ** - Mind/Body Studio	<u>Vinyasa Multilevel</u> *** - Mind/Body Studio <u>Hydrofit</u> - Resistance Pool	<u>Cycle</u> - Cycling Studio <u>Yoga Fundamentals*</u> - Mind/Body Studio <u>Turbo Kick Boxing</u> - Multifitness Studio <u>"The Best Of"</u> - All Levels - Gymnasium	<u>Vinyasa Multilevel</u> *** - Mind/Body Studio <u>Hydrofit</u> - Resistance Pool	<u>Pilates Reformer Intermediate</u> - Reformer Studio <u>Kickbox Xpress</u> (30 min) - Multifitness Studio <u>Gentle Yoga</u> - Mind Body Studio	<u>Cycle</u> - Cycling Studio <u>Aqua Zumba</u> - First 2 lanes of Lap Pool
9:00 AM		<u>Power Hour</u> - Multifitness Studio <u>Cycle</u> - Cycling Studio		<u>Power Hour</u> - Multifitness Studio <u>Cycle</u> - Cycling Studio	<u>Power Hour</u> - Multifitness Studio	<u>Vinyasa Multilevel</u> *** - Mind/Body Studio
9:30 AM	<u>Hydrofit</u> - Lap Pool <u>BodyPump</u> - Gymnasium	<u>Zumba</u> - Gymnasium		<u>Zumba</u> - Gymnasium	<u>Pilates Reformer Intermediate</u> - Reformer Studio <u>BodyPump</u> - Gymnasium <u>Hydrofit</u> - Lap Pool	<u>Power Hour</u> - Multifitness Studio
9:45 AM						<u>Zumba</u> - Gymnasium
10:00 AM	<u>Express Circuit Training</u> - (30 min) Equipment Floor <u>Restorative Yoga*</u> - Mind/Body Studio <u>Silver Sneakers Cardio Circuit</u> - Multifitness Studio	<u>Pilates Reformer Intermediate</u> - Reformer Studio <u>Tai Chi</u> - Mind/Body Studio <u>Power Hour</u> - Multifitness Studio	<u>Express Circuit Training</u> - (30 min) Equipment Floor <u>PiYo</u> - Mind/Body Studio <u>Silver Sneakers Cardio Circuit</u> - Multifitness Studio	<u>Pilates Reformer Intermediate</u> - Reformer Studio <u>Tai Chi</u> - Mind/Body Studio <u>Power Hour</u> - Multifitness Studio	<u>Silver Sneakers Cardio Circuit</u> - Multifitness Studio <u>Express Circuit Training</u> - (30 min) Equipment Floor	
10:45 AM	<u>Aqua Zumba</u> - First 2 lanes of Lap Pool					
11:00 AM	<u>Silver Sneakers</u> - Multifitness Studio <u>Pilates, All Levels</u> - Mind/Body Studio	<u>Pilates Reformer Fundamentals</u> - Reformer Studio <u>No Boundaries Seniors</u> - Multifitness Studio <u>Silver Stretch Yoga</u> - Downstairs Education Room	<u>Silver Sneakers</u> - Multifitness Studio <u>Pilates, All Levels</u> - Mind/Body Studio	<u>Pilates Reformer Fundamentals</u> - Reformer Studio <u>No Boundaries Seniors</u> - Multifitness Studio <u>Silver Stretch Yoga</u> - Downstairs Education Room	<u>Silver Sneakers</u> - Multifitness Studio	<u>BodyPump</u> - Gymnasium

12:00 PM	<u>Cycle/Pump</u> - Cycling Studio/Multifitness Studio <u>Aqua</u> - Resistance Pool	<u>Pilates Reformer Intermediate - Reformer Studio</u> <u>Aqua</u> - Resistance Pool	<u>Pilates Reformer Intermediate - Reformer Studio</u> <u>Cycle/Pump</u> - Cycling Studio/Multifitness Studio <u>Aqua</u> - Resistance Pool	<u>Pilates Reformer Intermediate - Reformer Studio</u> <u>Aqua</u> - Resistance Pool	<u>Aqua Combo</u> - Resistance Pool	
12:15 PM						<u>LeanXtreme</u> - Gymnasium
12:30 PM	<u>Pilates Reformer Jump Board Training</u> - Reformer Studio					
1:00 PM	<u>Pilates Reformer Intermediate - Reformer Studio</u>					<u>Family Swim</u> Saturday and Sunday 1 p.m. to 7 p.m.
2:00 PM		<u>Gentle Yoga</u> - Mind Body Studio		<u>Gentle Yoga</u> - Mind Body Studio		
3:00 PM		<u>Pilates Reformer Intermediate - Reformer Studio</u>				
4:30 PM	<u>Mat Pilates</u> - Mind/Body Studio	<u>Yoga All Levels</u> - Mind/Body Studio	<u>Mat Pilates</u> - Mind/Body Studio			
5:00 PM				<u>Pilates Reformer Jump Board Training</u> - Reformer Studio		
5:15 PM	<u>Body Pump - Gymnasium Step Xpress High Level</u> - (45 min) - Multifitness Studio		<u>Body Pump - Gymnasium Step Xpress High Level</u> - (45 min) - Multifitness Studio			
5:30 PM	<u>Cycle</u> - Cycling Studio <u>Aquacisers</u> - Resistance Pool	<u>Pilates Reformer Jump Board Training - Reformer Studio</u> <u>Express Step</u> (30 min) - Multifitness Studio <u>Easy Riders</u> - Cycling Studio <u>Aquacisers</u> - Resistance Pool	<u>Pilates Reformer Intermediate - Reformer Studio</u> <u>Cycle</u> - Cycling Studio <u>Aqua Combo</u> - Resistance Pool	<u>Pilates Reformer All Levels - Reformer Studio</u> <u>Express Step</u> (30 min) - Multifitness Studio <u>Easy Riders</u> - Cycling Studio <u>Aquacisers</u> - Resistance Pool		
5:45 PM	<u>Vinyasa Multilevel***</u> - Mind/Body Studio	<u>Restorative Yoga*</u> - Mind/Body Studio	<u>Power Yoga***</u> - Mind/Body Studio	<u>Gentle Yoga**</u> - Mind/Body Studio		
6:00 PM	<u>Power Hour</u> - Multifitness Studio	<u>Pilates Reformer Intermediate - Reformer Studio</u> <u>BOSU Madness</u> - Multifitness Studio	<u>Power Hour</u> - Multifitness Studio	<u>Hip Hop Hustle</u> - Multifitness Studio	<u>Family Swim</u> (1 1/2 hour)	
6:05 PM		<u>Body Pump - Gymnasium</u>		<u>Body Pump - Gymnasium</u>		
6:30 PM	<u>Lean Xtreme</u> - Gymnasium	<u>Cycle</u> - Cycling Studio	<u>Lean Xtreme</u> - Gymnasium	<u>Cycle</u> - Cycling Studio	*Bold denotes classes that require an additional fee: BodyPump , Pilates Reformer or Jumpboard Training . The following classes require tickets to ensure adequate room and equipment: Cycle , Step , BodyPump , Bosu , Flirty Fitness and Hip Hop Hustle	
7:00 PM	<u>Turbo Kickboxing</u> - Multifitness Studio	<u>Night Moves, Gentle Yoga</u> - Mind/Body Studio	<u>Turbo Kickboxing</u> - Multifitness Studio <u>Flirty Fitness</u> - Mind/Body Studio	<u>Yoga Fundamentals</u> - Mind/Body Studio		
7:10 PM		<u>Zumba</u> - Gymnasium		<u>Zumba</u> - Gymnasium		