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Winter Group Exercise Schedule 12/5/2022 - 2/26/2023

please see front desk for holiday schedule updates

revised starting February 1, 2023

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00AM				Heavy Bag Lori			
8:15AM					Spin Kim		
8:30AM							Weights Debbie
8:45AM				Express Step Chris		Sculpting Rx Lori	
9:00AM		Express Spin Chris					Spin Maria
9:30AM	Weights Jen	Sculpting Rx Kelly	Cardio Jayne	Weights Chris			Yoga Ilana
9:30AM			Spin/Abs Kim	Heavy Bag Jayne	CycleFit Kelly	Ripped & Ride Jayne	
9:30AM			Aqua Ella		Aqua Ella		
10:30AM		Express Stretch Kelly		Express Yoga Chris	Express Stretch Kelly		Zumba Maria
11:15AM		Silver Sneakers Maria		Silver Sneakers Maria		Silver Seniors	
4:30PM			Guts & Butts Chris		BoxFit Jayne		
5:30PM		Cardio & Weights		Cardio & Weights Debbie			
5:30PM			Heavy Bag Jen		Heavy Bag Jayne		
6:30PM					Yoga Cheryl		