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## Spring Group Exercise Schedule 2/26/2024 - 6/9/2024

**\*NO CLASSES ON HOLIDAYS\***

**\*Easter Sunday, Memorial Day\***

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>8:00AM</b>				Heavy Bag Lori			
<b>8:15AM</b>			Ripped & Ride Kim		Spin Kim		
<b>8:30AM</b>							Weights Rotation
<b>8:45AM</b>				Express Step Chris			
<b>9:00AM</b>						Sculpting Rx Lori	Spin Maria
<b>9:30AM</b>	Intervals Jen	Weights Kelly	Cardio Sculpt Fusion Chris	Weights Chris	BoxFit Kelly		Yoga Ilana
<b>9:30AM</b>			Spin/Abs Kim	Heavy Bag Jayne		Ripped & Ride Jayne	Heavy Bag Stephanie
<b>9:30AM</b>		Aqua Laurie	Aqua Ella		Aqua Ella		
<b>10:30AM</b>	Yoga Karen	Express Stretch Kelly		Express Stretch Chris	Express Stretch Kelly		Zumba Maria
<b>11:15AM</b>		Silver Sneakers Maria		Silver Sneakers Maria		Silver Seniors Laurie	
<b>4:30PM</b>			Guts & Butts Kelly		Ripped & Ride Deb		
<b>5:30PM</b>		Cardio & Weights Deb		Weights Jason			
<b>5:30PM</b>			Heavy Bag Tara		Heavy Bag Jayne		
<b>6:30PM</b>		Yoga Cheryl		Yoga Karen			