



GROUP FITNESS CLASS SCHEDULE

MON	TUE	WED	THUR	FRI	SAT
5:30 - 6:30 A.M. GROUP POWER KARI S&F	9:00 - 9:30 A.M. EXPRESS RIDE ANGELA SCHW	5:30 - 6:30 A.M. STRENGTH & CONDITIONING AMY S&F	5:30 - 6:30 A.M. GROUP POWER AMY/KARI S&F	5:30 - 6:30 A.M. GROUP ACTIVE AMY S&F	8:15 - 9:15 A.M. GROUP POWER AMY/KARI S&F
8:00 - 9:00 A.M. TONING ON THE GO MAR S&F	9:30 - 10:00 A.M. GROUP CORE ANGELA S&F	8:00 - 9:00 A.M. TONING ON THE GO MAR S&F	9:00 - 9:30 A.M. EXPRESS RIDE ANGELA SCHW	8:00 - 9:00 A.M. TONING ON THE GO MAR S&F	9:30-10:00 A.M. GROUP CORE JENNY S&F
9:15 - 10:15 A.M. GROUP POWER ANGELA S&F	10:00 - 10:45 A.M. SILVER SNEAKERS MAR GYM B	9:15 - 10:15 A.M. GROUP POWER MICHELLE S&F	9:30 - 10:00 A.M. GROUP CORE ANGELA S&F	9:15 - 10:15 A.M. GROUP POWER ANGELA S&F	10:00 - 11:00 A.M. GROUP GROOVE OR ZUMBA JACKIE/JENNY S&F
10:00 - 10:45 A.M. SILVER SNEAKERS YOGA MAR GYM B	11:00 - 11:45 A.M. PILATES ANGELA S&F	10:00 - 10:45 A.M. SILVER SNEAKERS YOGA MAR GYM B	10:00 - 10:45 A.M. SILVER SNEAKERS MAR GYM B	10:00 - 10:45 A.M. SILVER SNEAKERS YOGA MAR GYM B	
11:00 - 12:00 P.M. DANCE FITNESS MAR S&F	4:30 - 5:30 P.M. YOGA JAKE YOUTH GYM	11:00 A.M. - 12:00 P.M. DANCE FITNESS MAR S&F	11:00 - 11:45 A.M. PILATES ANGELA S&F	11:00 - 12:00 P.M. DANCE FITNESS MAR S&F	
4:30 - 5:00 P.M. GROUP CORE S&F	5:00 - 6:00 P.M. GROUP BLAST MARIA S&F	4:30 - 5:00 P.M. GROUP CORE S&F	4:30 - 5:30 P.M. YOGA JAKE YOUTH GYM		
5:00 - 6:00 P.M. GROUP POWER MOLLY/MARIA S&F	5:30 - 6:15 P.M. SPIN JAMES SCHW	5:00 - 6:00 P.M. GROUP POWER MOLLY/MARIA S&F	4:30 - 5:30 P.M. GROUP GROOVE S&F		
6:15 - 7:15 P.M. GROUP FIGHT MOLLY/ROI S&F	6:15 - 7:15 P.M. STRONG BY ZUMBA MOLLY S&F	6:15 - 7:15 P.M. GROUP FIGHT MOLLY/ROI S&F	5:30 - 6:15 P.M. SPIN THERESA SCHW		
			5:30 - 6:30 PM STRONG BY ZUMBA MOLLY S&F		