


GROUP FITNESS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30 am Bootcamp w/Fariss Boxing Studio	8:30 am Bootcamp w/Fariss Boxing Studio	6:00 am AM Bootcamp w/Jemar Group Ex 2	8:30 am Boxing w/Fariss Boxing Studio	6:00 am AM Bootcamp w/Jemar Group Ex 2	8:30 am Hot Yoga w/Julie Yoga Studio
9:00 am Spin w/Lane Spin Room	 9:30 am Aqua Zumba w/Nancy Lap Pool	9:00 am Zumba w/Nancy Group Ex 2	 9:30 am Aqua HITT w/Melanie Lap Pool	9:00 am Spin w/Fariss Spin Room	9:30 am Zumba w/Nancy Group Ex 2
9:00 am Strength w/Nancy Group Ex 2	10:30 am Cardio Circuit w/Barbara Group Ex 2	9:00 am Spin w/Lane Spin Room	10:30 am Cardio Circuit w/Barbara Group Ex 2	9:00 am Zumba w/Nancy Group Ex 2	
 9:30 am Water Aerobics w/Kara Lap Pool	1:00 pm Senior Bootcamp w/Kara Group Ex 2	 9:30 am Water Aerobics w/Kara Lap Pool	10:30 am Gentle Flow Yoga w/Alisa Yoga Studio	 9:30 am Water Aerobics w/Melanie Lap Pool	Sunday
10:00 am Yoga w/Leslie Yoga Studio	5:30 pm Zumba w/Amanda Group Ex 2	10:30 am Senior Yoga w/Barbara Group Ex 2	1:00 pm Senior Bootcamp w/Kara Group Ex 2	10:30 am Mixed Fit w/Barbara Group Ex 2	3:00 pm Restorative Yoga Instructor Rotation Yoga Studio
11:30 am Senior Bootcamp w/Kara Group Ex 2	5:30 pm Spin w/Lane Spin Room	1:00 pm Shuffle w/Nancy Group Ex 2	5:30 pm HIIT w/Weights w/ Fariss Group Ex 2 (30 Minute Class)	10:30 am Restorative Yoga w/Alisa Yoga Studio	
1:00 pm Shuffle w/Nancy Group Ex 2	5:30 pm Beginners Yoga w/Leslie Yoga Studio	4:30 pm Gentle Flow Yoga w/Julie Yoga Studio	5:45 pm Hot Yoga w/ Bethany Yoga Studio	 Access our class schedule any time on the H&W App.	
5:30 pm Strength Circuit w/Nancy Group Ex 2	6:30 - 6:45 pm Quiet the Mind Meditation w/Leslie Yoga Studio	5:30 pm Bootcamp w/Nancy Group Ex 2			
5:30 pm Spin w/Kelly Spin Room				 Lap Pool Closed for 9:30 am Water Classes	
5:30 pm Hot Yoga w/Julie Yoga Studio					