

# GROUP EXERCISE 2024 SCHEDULE



Effective: Jan 2

MON	TUE	WED	THU	FRI	SAT
6:00-7:00am TRX Inst: Pia (Studio B)	6:00-7:00am BOOTCAMP Inst: Pia (Studio B)	6:00-7:00am TRX Inst: Pia (Studio B)	6:00-7:00am BOOTCAMP Inst: Pia (Studio B)	8:15-9:00am FULL BODY FIT Inst: Michelle (Gym)	8:15-9:15am INDOOR CYCLING Inst: Michelle (Spin)
8:15-9:15am LIFT THEN RIDE Inst: Michelle (Spin)	8:15-9:15am TRX Inst: Pia (Studio B)	8:15-9:15am INDOOR CYCLING Inst: Michelle (Spin)	9:00-10:00am TRX Inst: Pia (Studio B)	9:00-10:00am YOGA Inst: Shelley (Studio B)	9:30-10:30am ZUMBA Inst: Tryna (Studio B)
9:00-10:00am YOGA Inst: Hannah (Studio B)	9:30-10:30am YOGA Inst: Shelley (Studio B)	9:00-10:00am YOGA Inst: Julia (Studio B)	10:00-11:00am BOOTCAMP Inst: Stephanie (Gym)	10:00-11:00am ZUMBA Inst: Regina (Gym)	10:45-11:45am XTREME HIP HOP Inst: Tryna (Studio B)
10:00-11:00am ZUMBA Inst: Courtney (Gym)	9:30-10:30am INDOOR CYCLING Inst: Pia (Spin)	11:00-12:00pm SILVER SNEAKERS (Studio B)	11:00-12:00pm SILVER SNEAKERS (Studio B)	11:00-12:00pm CHAIR YOGA Inst: Shelley (Studio B)	
11:00-12:00pm CHAIR YOGA Inst: Hannah (Studio B)	9:30-10:30am STEP & SCULPT Inst: Stephanie (Gym)	5:30-6:30pm BOOTCAMP Inst: Stephanie (Studio B)	5:30-6:30pm STEP & SCULPT Inst: Stephanie (Studio B)		
5:30-6:30pm XTREME HIP HOP Inst: Ratoya (Studio B)	11:00-12:00pm SILVER SNEAKERS (Studio B)	5:30-6:30pm XTREME BURN Inst: Tryna (Meeting Room)	5:30-6:30pm INDOOR CYCLING Inst: Dawn (Spin)		
5:30pm-6:30pm INDOOR CYCLING Inst: Henry (Spin)	5:30-6:30pm ZUMBA Inst: Tanisha (Studio B)	6:45-7:45pm ZUMBA Inst: Tryna (Studio B)	6:45-7:45pm TRX Inst: Stephanie (Studio B)		
6:45-7:45pm CORE & CARDIO Inst: Stephanie (Studio B)	6:45-7:45pm TRX Inst: Stephanie (Studio B)				

# AQUATICS FITNESS SCHEDULE



Effective: Jan 2

MON	TUE	WED	THU	FRI	SAT
<div>8:00-8:45am TWINGES IN THE HINGES (Therapy Pool)</div> <div>9:00-9:45am ROCK AQUA AEROBICS (Lap Pool)</div>	<div>7:00-7:45pm AQUA ZUMBA (Lap Pool)</div>	<div>8:00-8:45am TWINGES IN THE HINGES (Therapy Pool)</div> <div>9:00-9:45am ROCK AQUA AEROBICS (Lap Pool)</div>	<div>7:00-7:45pm AQUA ZUMBA (Lap Pool)</div>		

**All Aquatic Fitness classes are first come, first serve.  
Therapy Pool can only hold up to 12 participants at a time.**