

Group Exercise Schedule
JULY 7th – SEPTEMBER 7th
No Classes will be held on July 24th or 25th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 am	SPINNING® <i>Craig/Patti</i>	BOOTCAMP <i>Molly</i>	SPINNING® <i>Molly</i>	NEW TIME! BOOTCAMP <i>Renee R.</i>	SPINNING® <i>Patti</i>	
7:00 am	FLEX <i>Ralph</i>	SPINNING® <i>Autumn</i>	FLEX <i>Heather</i>	SPINNING® <i>Andrea</i>	CARDIOBox <i>Heather</i>	
7:00 am	AQUA AEROBICS <i>Aloha</i>	AQUA AEROBICS <i>Aloha</i>	AQUA AEROBICS <i>Aloha</i>	NEW INSTRUCTOR! Aqua Aerobics <i>Heather</i>	AQUA AEROBICS <i>Aloha</i>	
9:00 am	Intro to SPINNING® (25 minutes) <i>Colleen</i>	TURBO KICK® <i>Ashley</i>	NEW! BodyCORE (25 minutes) <i>Devon</i>	Intro to SPINNING® (25 minutes) <i>Molly</i>	NEW! QuickFLEX (25 minutes) <i>Renee R.</i>	
9:35 am	Hip Hop Cardio <i>Scott</i>		Hip Hop Cardio <i>Scott</i>	BOOTCAMP <i>Molly</i>	PIYO™ <i>Renee R.</i>	
10:00 am		NEW! QuickFLEX (25 minutes) <i>Devon</i>				
10:35 am	Senior CARDIOFit <i>Autumn</i>	YOGA (1 hr 15 min) <i>Jeanne</i>	Senior CARDIOFit <i>Julene/Autumn</i>	YOGA (1hr 15 min) <i>Jeanne</i>	NEW! Senior COREFit <i>Jamie</i>	
4:30 pm	FLEX <i>Monica</i>	CARDIOJam <i>Heather</i>	TURBO KICK® <i>Monica</i>			
5:30 pm	SPINNING® <i>Monica</i>	NEW! Senior CARDIOFit <i>Julene</i>	SPINNING® <i>Renee R.</i>	NEW! BOSU Flex <i>Renee N./Ralph</i>	(Starts at 5:15) NEW! SPIN® Flex <i>Ralph</i>	
6:30 pm	BELLYDANCE <i>Laura</i>	POWER YOGA (1hr 15 min) <i>Jeanne</i>	PIYO™ <i>Renee R.</i>	NEW TIME! BELLYDANCE <i>Laura</i>	NEW! PILATES Mat <i>Lori</i>	

All classes held in aerobics room are 50 minutes long, unless otherwise noted. Aqua classes are 60 minutes.