

# GROUP EXERCISE SCHEDULE: AUG 4 – 10

Monday 4	Tuesday 5	Wednesday 6	Thursday 7	Friday 8	Saturday 9
Bootcamp with Jay 5:45 – 6:30 am MPR		Bootcamp with Jay 5:45 – 6:30 am MPR		Bootcamp with Jay 5:45 – 6:30 am MPR	THINKNSWIM WITH ZING 7 – 8 AM POOL
STEP with Christina 730am-830am MPR	Full Body Circuit with Christina 8-9 am MPR	Full Body Strength with Christina 730-830am MPR			Water Walking with Kim 9 – 930 am Pool
Morning Workout with Cathy 9 – 10 am MPR	Chair Yoga with Cathy 9-10 am MPR		Chair Yoga with Cathy 9 – 10 am MPR	Morning Workout with Cathy 9-10am MPR	Pump & Tone with Jen 7:45-8:45 am MPR
Silver Sneakers with Miss Dee 10 – 10:45 am Gym	Silver Sneakers with Miss Dee 10 – 10:45 am Gym	Silver Sneakers with Miss Dee 10 – 10:45 am Gym	Silver Sneakers with Miss Dee 10 – 10:45 am Gym		Pom & Sculpt with Jolie 9:15-10am MPR
					<b>Sunday 10 (No Classes)</b>
Tight & Tone with Ray 9 - 10 am Pool		Tight & Tone with Ray 9 - 10 am Pool		Tight & Tone with Ray 9 - 10 am Pool	<b>Location Color Key</b>
SILVER SNEAKERS WATER AEROBICS WITH JULIE 10 – 11 AM POOL	SILVER SNEAKERS WITH ELENA 10 – 11 AM POOL	SILVER SNEAKERS WATER AEROBICS WITH JULIE 10 – 11 AM POOL	SILVER SNEAKERS WITH ELENA 10 – 11 AM POOL	SILVER SNEAKERS WATER AEROBICS WITH JULIE 10 – 11 AM POOL	Multi-Purpose Room
					Pool
					Gym
					Studio
					Racquetball Court
					Roxbury Bandshell
	*Beginner Tai Chi with Gary & Patti 11 a.m. – Noon MPR	THINKnFIT with Zing 11:00am – 12:00pm MPR	*Beginner Tai Chi with Gary & Patti 11 a.m. – Noon MPR	THINKnFIT with Zing 11:00am – 12:00pm MPR	
Pump & Tone with Jen 5:15 – 6:15 pm MPR	Hyrdo Worx with Zing 11:00am – 12:00pm Pool	Pump & Tone with Jen 5:15-6:15 pm MPR	Hyrdo Worx with Zing 11:00am – 12:00pm Pool		
	Advanced Tai Chi with Gary & Patti Noon – 1 pm MPR	Primal Flow with Rich 6:30 – 7:30 pm MPR	Advanced Tai Chi with Gary & Patti Noon – 1 pm MPR		
Flow Yoga with Gwen 6:30 – 7:30 pm Roxbury Bandshell					
	Dance & Burn with Jaye 6 – 7 pm MPR		Dance & Burn with Jaye 6 – 7 pm MPR		
Adult Aqua Fit with Elena 6:15 – 7:15 pm Pool	Adult Aqua Fit with Elena 615 – 715 pm Pool	Adult Aqua Fit with Elena 6:15 – 7:15 pm Pool			

