













































# GROUP EXERCISE SCHEDULE: DEC 8 -14

Monday 8	Tuesday 9	Wednesday 10	Thursday 11	Friday 12	Saturday 13
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 
	Circuit with Christina 7:30-830 am MPR 	Circuit with Christina 730-830am MPR 			Water Walking with Kim 9 – 10 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 		<b>Key.</b> <b>Multi-Purpose Room</b> <b>Pool</b> <b>Gym</b> <b>Studio</b> <b>Racquetball Court</b>   <b>Strength &amp; Conditioning</b>   <b>Aquatics</b>   <b>Mind Body</b>   <b>Low Impact</b>
Tight & Tone with Ray 9-10am Pool 		Tight & Tone with Ray 9-10am Pool 		Tight & Tone with Ray 9-10am Pool 	
Silver Sneakers Water Aerobics with Julie 10 – 11 am Pool 	Silver Sneakers Water Aerobics with Elena 10 – 11 am Pool 	Silver Sneakers Water Aerobics with Julie 10 – 11 am Pool 	Silver Sneakers Water Aerobics with Elena 10 – 11 am Pool 	Silver Sneakers Water Aerobics with Julie 10 – 11 am Pool 	
	Hyrdo Worx with Zing 11:00am – 12:00pm Pool 	THINKnFIT with Zing 11:00am – 12:00pm MPR 	Hyrdo Worx with Zing 11:00am – 12:00pm Pool 	THINKnFIT with Zing 11:00am – 12:00pm MPR 	
Pump & Tone with Jen 5:15 – 6:15 pm MPR 	*Beginner Tai Chi with Gary & Patti 11 a.m. – Noon MPR 	Pump & Tone with Jen 5:15 – 6:15 pm MPR 	*Beginner Tai Chi with Gary & Patti 11 a.m. – Noon MPR 		
	Advanced Tai Chi with Gary & Patti Noon – 1 pm MPR 		Advanced Tai Chi with Gary & Patti Noon – 1 pm MPR 		
Flow Yoga with Rich 6:00 – 7:00 pm Studio 		Gentle Yoga with Rich 6:00 – 7:00pm Studio 			
	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 