

GROUP EXERCISE SCHEDULE: JAN 5 - 11

Monday 5	Tuesday 6	Wednesday 7	Thursday 8	Friday 9	Saturday 10
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 	
Circuit with Christina 7:30-830 am MPR 	Circuit with Christina 7:30-830 am MPR 	Circuit with Christina 7:30-830am MPR 			Water Walking with Kim 9 - 10 am Pool 
Strength & Conditioning with Cathy 9 - 10 am MPR 	Chair Yoga with Cathy 9 - 10 am MPR 		Chair Yoga with Cathy 9 - 10 am MPR 	Strength & Conditioning with Cathy 9 - 10 am 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 		
Tight & Tone with Ray 9-10 am Pool 		Tight & Tone with Ray 9-10 am Pool 		Tight & Tone with Ray 9-10 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 	Silver Sneakers Water Aerobics with Elena 10 - 11 am Pool 	Silver Sneakers Water Aerobics with Julie 10 - 11 am Pool 	
	Hydro Worx with Zing 11:00am - 12:00pm Pool 	THINKnFIT with Zing 11:00am - 12:00pm MPR 	Hydro 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 	Pump & Tone with Jen 4:45 - 545pm MPR 	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 6:15 - 7:15 pm Pool 	Adult Aqua Fit with Elena 6:15 - 7:15 pm Pool 			

Key

Gym
Multi-Purpose Room
Studio
Racquetball Court

 Strength & Conditioning

 Aquatics

 Mind Body

 Low Impact

