

GROUP EXERCISE SCHEDULE: FEB 23 – MAR 1

Monday 23	Tuesday 24	Wednesday 25	Thursday 26	Friday 27	Saturday 28
Bootcamp with Jay 5:45 – 6:30 am MPR 		Bootcamp with Jay 5:45 – 6:30 am MPR 	Bootcamp with Jay 5:30 – 6:30 am Pool 	Bootcamp with Jay 5:45 – 6:30 am 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 – 8:45am 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 		<p>Key.</p> <p>Multi-Purpose Room</p> <p>Pool</p> <p>Gym</p> <p>Studio</p> <p>Racquetball Court</p>  Strength & Conditioning  Aquatics  Mind Body  Low Impact
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 	Pump & Tone with Jen 4:45 – 5:45pm 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 			