

# GROUP EXERCISE SCHEDULE: MAR 23 - 29

| Monday 23                                                                                                                                            | Tuesday 24                                                                                                                                           | Wednesday 25                                                                                                                                          | Thursday 26                                                                                                                                            | Friday 27                                                                                                                                              | Saturday 28                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
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| Bootcamp with Jay<br>5:45 – 6:30 am<br>MPR                          | Bootcamp with Jay<br>5:30 – 6:10 am<br>Pool                         | Bootcamp with Jay<br>5:45 – 6:30 am<br>MPR                          | Bootcamp with Jay<br>5:30 – 6:10 am<br>Pool                         | Bootcamp with Jay<br>5:45 – 6:30 am<br>MPR                          |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
|                                                                                                                                                      |                                                                                                                                                      |                                                                                                                                                       |                                                                                                                                                        |                                                                                                                                                        | Water Walking with Kim<br>9 – 10 am<br>Pool                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
| Strength & Conditioning with Cathy<br>9 – 10 am<br>MPR              | Chair Yoga with Cathy<br>9 – 10 am<br>MPR                           |                                                                                                                                                       | Chair Yoga with Cathy<br>9 – 10 am<br>MPR                           | Strength & Conditioning with Cathy<br>9 – 10 am<br>MPR              | Pump & Tone with Jen<br>7:45 – 8:45 am<br>MPR                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |
| Silver Sneakers with Miss Dee<br>10 – 10:45 am<br>Gym               | Silver Sneakers with Miss Dee<br>10 – 10:45 am<br>Gym               | Silver Sneakers with Miss Dee<br>10 – 10:45 am<br>Gym               | Silver Sneakers with Miss Dee<br>10 – 10:45 am<br>Gym               |                                                                                                                                                        | <div>Key</div> <div>Multi-Purpose Room</div> <div>Pool</div> <div>Gym</div> <div>Studio</div> <div>Racquetball Court</div> <div></div> <div>Strength &amp; Conditioning</div> <div></div> <div>Aquatics</div> <div></div> <div>Mind Body</div> <div></div> <div>Low Impact</div> <div></div> |
| Tight & Tone with Ray<br>9 – 10 am<br>Pool                          |                                                                                                                                                      | Tight & Tone with Ray<br>9 – 10 am<br>Pool                          |                                                                                                                                                        | Tight & Tone with Ray<br>9 – 10 am<br>Pool                          |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| Silver Sneakers Water Aerobics<br>with Julie<br>10 – 11 am<br>Pool  | Silver Sneakers Water Aerobics<br>with Elena<br>10 – 11 am<br>Pool  | Silver Sneakers Water Aerobics<br>with Julie<br>10 – 11 am<br>Pool  | Silver Sneakers Water Aerobics<br>with Elena<br>10 – 11 am<br>Pool  | Silver Sneakers Water Aerobics<br>with Julie<br>10 – 11 am<br>Pool  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
|                                                                                                                                                      | Hyrdo Worx with Zing<br>11:00 am – 12:00 pm<br>Pool                 | THINKnFIT with Zing<br>11:00 am – 12:00 pm<br>MPR                   | Hyrdo Worx with Zing<br>11:00 am – 12:00 pm<br>Pool                 | THINKnFIT with Zing<br>11:00 am – 12:00 pm<br>MPR                   |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| Pump & Tone with Jen<br>5:15 – 6:15 pm<br>MPR                      | *Beginner Tai Chi<br>with Gary & Patti<br>11 a.m. – Noon<br>MPR    | Pump & Tone with Jen<br>5:15 – 6:15 pm<br>MPR                      | *Beginner Tai Chi<br>with Gary & Patti<br>11 a.m. – Noon<br>MPR    |                                                                                                                                                        |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
|                                                                                                                                                      | Advanced Tai Chi<br>with Gary & Patti<br>Noon – 1 pm<br>MPR       |                                                                                                                                                       | Advanced Tai Chi<br>with Gary & Patti<br>Noon – 1 pm<br>MPR       |                                                                                                                                                        |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
|                                                                                                                                                      | Pump & Tone with Jen<br>4:45 – 5:45 pm<br>MPR                     |                                                                                                                                                       |                                                                                                                                                        |                                                                                                                                                        |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
|                                                                                                                                                      | Dance & Burn with Jaye<br>6 – 7 pm<br>MPR                         |                                                                                                                                                       | Dance & Burn with Jaye<br>6 – 7 pm<br>MPR                         |                                                                                                                                                        |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| Adult Aqua Fit with Elena<br>6 – 7 pm<br>Pool                     | Adult Aqua Fit with Elena<br>6 – 7 pm<br>Pool                     | Adult Aqua Fit with Elena<br>6 – 7 pm<br>Pool                     |                                                                                                                                                        |                                                                                                                                                        |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |