








































GROUP EXERCISE SCHEDULE: APR 6 - 12

Monday 6	Tuesday 7	Wednesday 8	Thursday 9	Friday 10	Saturday 11
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 	
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 		
					
					
		THINKnFIT with Zing 11:00am - 12:00pm MPR 		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 		
	Pump & Tone with Jen 4:45 - 5:45pm MPR 				
	Dance & Burn with Jaye 6 - 7 pm MPR 		Dance & Burn with Jaye 6 - 7 pm MPR 		
					

Key.
 Multi-Purpose Room
 Pool
 Gym
 Studio
 Racquetball Court



Strength & Conditioning



Aquatics



Mind Body



Low Impact

