






























GROUP EXERCISE SCHEDULE: MAY 4 – MAY 10

Monday 4	Tuesday 5	Wednesday 6	Thursday 7	Friday 8	Saturday 9
Bootcamp with Jay 5:45 – 6:30 am MPR 	Bootcamp with Jay 5:30 – 6:10 am Pool 	Bootcamp with Jay 5:45 – 6:30 am MPR 	Bootcamp with Jay 5:30 – 6:10 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 – 9:45 am MPR		Chair Yoga with Cathy 9 – 9:45 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 		<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 – 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 11:00 am – 12:00 pm Pool	THINKnFIT with Zing 11:00 am – 12:00 pm MPR	Hydro Worx with Zing 11:00 am – 12:00 pm Pool	THINKnFIT with Zing 11:00 am – 12:00 pm 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 – 5:45 pm MPR 				
	Dance & Burn with Jaye 6 – 7 pm MPR 		Dance & Burn with Jaye 6 – 7 pm MPR 		
Adult Aqua Fit with Elena 6 – 7 pm Pool 	Adult Aqua Fit with Elena 6 – 7 pm Pool 	Adult Aqua Fit with Elena 6 – 7 pm Pool 