

# GROUP EXERCISE SCHEDULE: AUGUST 3 – AUGUST 9

| Monday 3                                                                                                                                             | Tuesday 4                                                                                                                                             | Wednesday 5                                                                                                                                           | Thursday 6                                                                                                                                              | Friday 7                                                                                                                                               | Saturday 8                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
|------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 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>5:45 – 6:30 am<br>MPR                          | Water Walking with Kim<br>9 – 10 am<br>Pool                                                                                                                                                                                                                                                                                                                                                                                     |
| Strength & Conditioning<br>with Cathy<br>9a-10a<br>MPR              | Chair Yoga with Cathy<br>9 – 9:45 am<br>MPR                          |                                                                                                                                                       | Chair Yoga with Cathy<br>9 – 9:45 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                |                                                                                                                                                        | <b>Key.</b><br>Multi-Purpose Room<br>Pool<br>Gym<br>Studio<br>Racquetball Court<br><br>Strength & Conditioning<br><br>Aquatics<br><br>Mind Body<br><br>Low Impact |
| 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>11:00am – 12:00pm<br>Pool                    | THINKnFIT with Zing<br>11:00am – 12:00pm<br>MPR                     | Hyrdo Worx with Zing<br>11:00am – 12:00pm<br>Pool                    | THINKnFIT with Zing<br>11:00am – 12:00pm<br>MPR                     |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| Pump & Tone with Jen<br>5:15 – 6:15 pm<br>MPR                     | Intermediate 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                     | Intermediate 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        |                                                                                                                                                        |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
|                                                                                                                                                      |                                                                                                                                                       |                                                                                                                                                       |                                                                                                                                                         |                                                                                                                                                        |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
|                                                                                                                                                      |                                                                                                                                                       |                                                                                                                                                       |                                                                                                                                                         |                                                                                                                                                        |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
|                                                                                                                                                      |                                                                                                                                                       |                                                                                                                                                       | Dance & Burn with Jaye<br>6 – 7 pm<br>MPR                          |                                                                                                                                                        |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| Adult Aqua Fit with Elena<br>6 – 7pm<br>Pool                      | Adult Aqua Fit with Elena<br>6 – 7pm<br>Pool                       | Adult Aqua Fit with Elena<br>6 – 7pm<br>Pool                      |                                                                                                                                                         |                                                                                                                                                        |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |