

GROUP EXERCISE SCHEDULE: SEPTEMBER 28 – OCTOBER 4

Monday 28	Tuesday 29	Wednesday 30	Thursday 1	Friday 2	Saturday 3
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 5:45 – 6:30 am MPR 	Water Walking with Kim 9 – 10 am Pool 
Strength & Conditioning with Cathy 9a-10a 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 9 – 9:45 am Gym 		
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 Sandy 10 – 11 am Pool 	Silver Sneakers Water Aerobics with Julie 10 – 11 am Pool 	Silver Sneakers Water Aerobics with Sandy 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 	
	Intermediate Tai Chi with Gary & Patti 11 a.m. – Noon MPR 		Intermediate Tai Chi with Gary & Patti 10:45 a.m. – 11:30 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 5:15 – 6:15 pm MPR 	Pump & Tone with Jen 5– 6 pm MPR 	Pump & Tone with Jen 5:15 – 6:15 pm MPR 			
			Dance & Burn with Jaye 6 – 7 pm MPR 		
Adult Aqua Fit with Sandy 6 – 7pm Pool 	Adult Aqua Fit with Sandy 6 – 7pm Pool 	Adult Aqua Fit with Sandy 6 – 7pm Pool 			

Key.
Multi-Purpose Room
Pool
Gym
Studio
Racquetball Court



Strength & Conditioning



Aquatics



Mind Body



Low Impact

