



GROUP FITNESS SCHEDULE

MON
<u>6:00 AM</u> SPIN
<u>9:00 AM</u> WATER AEROBICS+
<u>9:15 AM</u> bikeblast
<u>9:15 AM</u> ZUMBA+
<u>10:15 AM</u> YOGA
<u>11:00 AM</u> SilverSneakers®
<u>4:15 PM</u> Barre
<u>5:15 PM</u> CORE DE FORCE
<u>6:00 PM</u> ZUMBA

TUE
<u>8:45 AM</u> STEP EXPRESS
<u>9:15 AM</u> STRETCH & BREATHE
<u>9:15 AM</u> BOOTCAMP INTERVALS
<u>10:00 AM</u> SPIN
<u>10:00AM</u> Barre
<u>11:00 AM</u> SILVER RHYTHM
<u>5:15 PM</u> BOOTCAMP INTERVALS
<u>6:00 PM</u> bikeblast
<u>6:00 PM</u> U-JAM Fitness
<u>7:00 PM</u> BOOTCAMP BODY SCULPT

WED
<u>6:00 AM</u> SPIN
<u>9:00 AM</u> WATER AEROBICS+
<u>9:15 AM</u> ZUMBA+
<u>10:15 AM</u> YOGA
<u>11:00 AM</u> SilverSneakers®
<u>4:15 PM</u> Barre
<u>5:15 PM</u> CORE DE FORCE
<u>6:00 PM</u> YOGA

THU
<u>8:45 AM</u> STEP EXPRESS
<u>9:15 AM</u> STRETCH & BREATHE
<u>9:15 AM</u> BOOTCAMP INTERVALS
<u>10:00 AM</u> SPIN
<u>10:00AM</u> Barre
<u>11:00 AM</u> SILVER RHYTHM
<u>5:15 PM</u> BOOTCAMP INTERVALS
<u>6:00 PM</u> bikeblast
<u>6:00 PM</u> U-JAM Fitness
<u>7:00 PM</u> BOOTCAMP BODY SCULPT

FRI
<u>6:00 AM</u> SPIN
<u>9:00 AM</u> WATER AEROBICS+
<u>9:15 AM</u> bikeblast
<u>9:15 AM</u> Barre
<u>10:15 AM</u> YOGA
<u>10:30 AM</u> ZUMBA EXPRESS
<u>11:00 AM</u> Silver&Fit.
<u>4:15 PM</u> Barre
<u>5:15PM</u> ZUMBA

SAT
<u>8:00 AM</u> ZUMBA+
<u>8:30 AM</u> SPINeRVAL
<u>9:30 AM</u> BOOTCAMP INTERVALS
<u>10:15 AM</u> YOGA

SUN

*Requires credits.

Please note that the schedule is subject to changes at any time.