



# GROUP FITNESS SCHEDULE

MON	TUE	WED	THU	FRI	SAT	SUN
<p><u>6:00 AM</u> <b>SPIN</b></p> <p><u>9:00 AM</u> WATER AEROBICS+</p> <p><u>9:15 AM</u> bikeblast</p> <p><u>9:15 AM</u> ZUMBA+</p> <p><u>10:15 AM</u> YOGA</p> <p><u>11:00 AM</u> SilverSneakers®</p> <p><u>4:15 PM</u> <b>Barre</b></p> <p><u>5:15 PM</u> <b>CORE DE FORCE™</b></p> <p><u>6:00 PM</u> <b>SPIN</b></p> <p><u>6:00 PM</u> ZUMBA</p>	<p><u>8:45 AM</u> STEP EXPRESS</p> <p><u>9:15 AM</u> STRETCH &amp; BREATHE</p> <p><u>9:15 AM</u> <b>BOOTCAMP</b> INTERVALS</p> <p><u>10:00 AM</u> <b>SPIN</b></p> <p><u>10:00AM</u> <b>Barre</b></p> <p><u>11:00 AM</u> SILVER RHYTHM</p> <p><u>5:15 PM</u> <b>SHRED</b> BOOTCAMP</p> <p><u>6:00 PM</u> bikeblast</p> <p><u>6:00 PM</u> <b>U-JAM</b> Fitness.</p> <p><u>7:00 PM</u> <b>BODYSOULPT</b> BOOTCAMP</p>	<p><u>9:00 AM</u> WATER AEROBICS+</p> <p><u>9:15 AM</u> ZUMBA+</p> <p><u>10:15 AM</u> YOGA</p> <p><u>11:00 AM</u> SilverSneakers®</p> <p><u>4:15 PM</u> <b>Barre</b></p> <p><u>5:15 PM</u> <b>CORE DE FORCE™</b></p> <p><u>6:00 PM</u> YOGA</p>	<p><u>6:00 AM</u> <b>SPIN</b></p> <p><u>8:45 AM</u> STEP EXPRESS</p> <p><u>9:15 AM</u> STRETCH &amp; BREATHE</p> <p><u>9:15 AM</u> <b>BOOTCAMP</b> INTERVALS</p> <p><u>10:00 AM</u> <b>SPIN</b></p> <p><u>10:00 AM</u> <b>Barre</b></p> <p><u>11:00 AM</u> SILVER RHYTHM</p> <p><u>5:15 PM</u> <b>SHRED</b> BOOTCAMP</p> <p><u>6:00 PM</u> bikeblast</p> <p><u>6:00 PM</u> <b>U-JAM</b> Fitness.</p> <p><u>7:00 PM</u> <b>BODYSOULPT</b> BOOTCAMP</p>	<p><u>9:00 AM</u> WATER AEROBICS+</p> <p><u>9:15 AM</u> bikeblast</p> <p><u>9:15 AM</u> <b>Barre</b></p> <p><u>10:15 AM</u> YOGA</p> <p><u>10:30 AM</u> ZUMBA EXPRESS</p> <p><u>11:00 AM</u> Silver&amp;Fit.</p> <p><u>4:15 PM</u> <b>Barre</b></p> <p><u>5:15 PM</u> ZUMBA</p>	<p><u>8:00 AM</u> ZUMBA+</p> <p><u>9:15 AM</u> <b>SPIN</b></p> <p><u>9:30 AM</u> <b>BOOTCAMP</b> INTERVALS</p> <p><u>10:15 AM</u> YOGA</p>	

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