



GROUP FITNESS SCHEDULE

MON	TUE	WED	THU	FRI	SAT	SUN
<p><u>6:00 AM</u> SPIN</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> GENTLE YOGA</p> <p><u>11:00 AM</u> SilverSneakers®</p> <p><u>4:15 PM</u> Barre</p> <p><u>5:15 PM</u> BARBELL BRIGADE</p> <p><u>6:00 PM</u>  ZUMBA</p>	<p><u>9:00 AM</u> STEP EXPRESS</p> <p><u>9:30 AM</u> STRETCH & BREATHE</p> <p><u>9:30 AM</u> Barre</p> <p><u>10:00 AM</u> SPIN</p> <p><u>11:00 AM</u> SILVER RHYTHM</p> <p><u>5:15 PM</u> SHRED BOOTCAMP</p> <p><u>6:00 PM</u> bikeblast</p> <p><u>6:30 PM</u> BODYSOULPT</p>	<p><u>6:00 AM</u> SPIN</p> <p><u>9:00 AM</u> WATER AEROBICS+</p> <p><u>9:15 AM</u>  ZUMBA +</p> <p><u>10:15 AM</u> GENTLE YOGA</p> <p><u>11:00 AM</u> SilverSneakers®</p> <p><u>4:15 PM</u> MAT PILATES</p> <p><u>5:15 PM</u>  ZUMBA</p> <p><u>6:15 PM</u> BARBELL BRIGADE</p>	<p><u>9:00 AM</u> STEP EXPRESS</p> <p><u>9:30 AM</u> STRETCH & BREATHE</p> <p><u>9:30 AM</u> Barre</p> <p><u>10:00 AM</u> SPIN</p> <p><u>11:00 AM</u> SILVER RHYTHM</p> <p><u>5:15 PM</u> SHRED BOOTCAMP</p> <p><u>6:00 PM</u> bikeblast</p> <p><u>6:30 PM</u> BODYSOULPT</p>	<p><u>9:00 AM</u> WATER AEROBICS+</p> <p><u>9:15 AM</u> bikeblast</p> <p><u>9:15 AM</u> Barre</p> <p><u>10:15 AM</u> GENTLE YOGA</p> <p><u>11:00 AM</u>  Silver&Fit. EXPERIENCE</p>	<p><u>8:00 AM</u> SPIN</p> <p><u>8:45 AM</u> BODYSOULPT</p> <p><u>9:30 AM</u> BOOTCAMP INTERVALS</p> <p><u>10:15 AM</u> YOGA</p>	<p><u>4:00 PM</u> STEPFUSION</p>