



FITNESS SCHEDULE

MON
6:00 AM SPIN
9:00 AM WATER AEROBICS+
9:15 AM bikeblast
9:15 AM ZUMBA+
10:15 AM YOGA
11:00 AM SilverSneakers®
4:15 PM Barre
5:15 PM CORE DE FORCE
5:30 PM Lac-ATTACK TEAM TRAINING*
6:00 PM ZUMBA

TUE
8:45 AM STEP EXPRESS
9:15 AM STRETCH & BREATHE
9:15 AM Lac-ATTACK TEAM TRAINING*
9:30 AM BLAST
10:00 AM SPIN
11:00 AM SILVER RHYTHM
12:00 PM Lac-ATTACK TEAM TRAINING*
6:00 PM bikeblast
6:00 PM U-JAM Fitness®
7:00 PM BODY SCULPT BOOTCAMP

WED
6:00 AM SPIN
9:00 AM WATER AEROBICS+
9:15 AM Lac-ATTACK TEAM TRAINING*
9:15 AM ZUMBA+
10:15 AM YOGA
11:00 AM SilverSneakers®
4:15 PM Barre
5:15 PM CORE DE FORCE
5:30 PM Lac-ATTACK TEAM TRAINING*
6:00 PM YOGA

THU
8:45 AM STEP EXPRESS
9:15 AM STRETCH & BREATHE
9:15 AM Lac-ATTACK TEAM TRAINING*
9:30 AM BLAST
10:00 AM SPIN
11:00 AM SILVER RHYTHM
12:00 PM Lac-ATTACK TEAM TRAINING*
6:00 PM bikeblast
6:00 PM U-JAM Fitness®
7:00 PM BODY SCULPT BOOTCAMP

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6:00 AM SPIN
9:00 AM WATER AEROBICS+
9:15 AM bikeblast
9:15 AM Barre
10:15 AM YOGA
10:30 AM ZUMBA EXPRESS
11:00 AM Silver&Fit®
4:15 PM Barre
5:00 PM Lac-ATTACK TEAM TRAINING*
5:15 PM ZUMBA

SAT
8:00 AM ZUMBA+
8:30 AM SPINeRVAL
9:30 AM BOOTCAMP INTERVALS
10:15 AM YOGA
10:15 AM Lac-ATTACK TEAM TRAINING*

SUN
5:45 PM RIPPED

*Requires credits.

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