

Spring I & II 2018 Group Exercise Schedule

February 19 - June 2

Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00 AM						TRX Yoga Flow: 60 Zumba: 45 Cycling: 60
8:15 AM	Cycling: 45 Les Mills - Body Pump: 60	Cycling: 45		Cycling: 45	Functional Fitness/ Bootcamp: 45	
8:30 AM	Noodlerobics: 60	Yoga Pilates: 60	Noodlerobics: 60	Yoga Pilates: 60	Noodlerobics: 60	
8:45 AM		Gentle Yoga: 60				
9:00 AM	Healthy Heart: 45		Zumba Gold: 45 Strength & Stretch: 45		Healthy Heart: 45	Beginner TRX: 30
10:00 AM	Silver Sneakers® Classic: 45 Senior Splash: 45	Silver Sneakers® Circuit: 45	Seated Zumba Gold Toning: 45	Silver Sneakers® Circuit: 45	Silver Sneakers® Yoga: 45 Senior Splash: 45	Les Mills - Body Pump: 60
11:00 AM		Senior Splash: 45 Tai Chi: 60		Senior Splash: 45		
11:15 AM	Zumba Toning: 45		Zumba: 45		Zumba Circuit: 45	
11:30 AM		Vinyasa Yoga: 45		Vinyasa Yoga: 45	Body Sculpt: 45	
12:00 PM						
12:15 PM		Meditation: 60				
1:00 PM	Water Arthritis: 60	Parkinson's Boot Camp: 45	Water Arthritis: 60	Parkinson's Boot Camp: 45		
5:30 PM	Turbo Kick: 60 Hatha Yoga: 60	Functional Fitness/ Bootcamp: 45	INSANITY: 60	Turbo Kick: 60		
5:45 PM			Cycling: 45			
6:00 PM		TRX: 60		TRX: 60 Water Power: 60		
6:30 PM		PIYO: 60	Les Mills - Body Pump: 60			
7:00 PM	Aqua Powerhouse: 60		Aqua Powerhouse: 60			

NOTE: Length of each is noted in number of minutes after the name of each class.