

Holiday Group Exercise Schedule

November 6th - December 24th

Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00 AM				Water Gym: 60		TRX Yoga Flow: 60 Zumba: 45 Cycling: 60
8:15 AM	Cycling: 45	Cycling: 45		Cycling: 45	Functional Fitness/ Bootcamp: 45	
8:30 AM	Noodlerobics: 60	Yoga Pilates: 60	Noodlerobics: 60	Yoga Pilates: 60	Noodlerobics: 60	
9:00 AM	Healthy Heart: 45	Gentle Yoga: 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® Cardio Circuit: 45	Seated Zumba Gold Toning: 45	Silver Sneakers® Cardio Circuit: 45	Silver Sneakers® Yoga: 45 Senior Splash: 45	Barbell Toning: 60
11:00 AM	Zumba Toning: 45	Senior Splash: 45 Tai Chi: 60		Senior Splash: 45		
11:15 AM			Zumba: 45		Zumba® in the Circuit: 45	
11:30 AM		Yoga: 45	Body Sculpt:45	Vinyasa Yoga: 45		
12:00PM	Barbell Toning: 45					
12:15 PM		Meditation: 60				
1:00 PM	Water Arthritis: 60		Water Arthritis: 60		Water Arthritis: 60	
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 Aqua Powerhouse: 60		TRX: 60 Aqua Zumba: 45		
6:30 PM		PIYO: 60				
7:00 PM			Barbell Toning: 60	Aqua Powerhouse: 60		

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