

Group Exercise Schedule

(Revised 9/5/17)

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 a.m.	Spinning (Quintin, Starts 10/9)	Tabata (Kathy, 6:00-6:45)	Spinning (Quintin, Starts 10/11)			
7:00 a.m.		Zumba Toning (Kathy)				
8:00 a.m.		Circuit (Jadene)		Circuit (Jadene)		
8:30 a.m.	Hi-Low Balance (Jadene) Spin & Abs (Debbie)	Step (Lindsey)	Body Function & Strength (Jadene) Spin & Core (Debbie)	Zumba (Wendy)	High/Low (Lindsey) Spinning (Daniel)	Zumba Toning (Kathy)
9:00 a.m.	Chair Yoga (Marla)	Stretching - 30 min. (Jadene)		Stretching - 30 min. (Jadene)		
9:30 a.m.	Yoga (upstairs area, Bridget) Sr. Spinning (George, Starts 10/9)	Barre/Mat Pilates (Brenda)	Yoga (Bridget, Upstairs area) Sr. Spinning (George, Starts 10/11) *Zumba Gold (Kathy, 10:30)	Mat Pilates Brenda)	Yoga (Bridget, upstairs area) Sr. Spinning (George, Starts 10/13)	Yoga/Pilates (Bridget, Brenda, Marla)
11:00 a.m.	Tai Chi (Mike)		Tai Chi (Mike, 11:30)		*Zumba Gold (Kathy, 10:30)	
4:30 p.m.	Dynamic Tone & Cardio (Megan)	POUND - Rockout Workout (Megan)	Strong (Megan)			
5:30 p.m.	Basic Yoga/Pilates (Hillery)	Intermediate Yoga (Hillery)	Oula Power (Diane)	Vinyasa Yoga (Marla)		
6:00 p.m.		Spinning (Howard, starts 10/24)		Spinning (Howard, starts 10/26)		
7:00 p.m.			Tai Chi (Mike)			

- These classes are endorsed by Silver & Fit.