

Group Exercise Schedule- Summer

(Revised 5/01/24)

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 a.m.						
8:30 a.m.	Zumba Gold (Kathy) Spin (Debbie)	Step/Abs (Lindsey)	Tabata/Strength (Jadene) Spin & Core (Debbie)	Dance Jam (Wendy)	Triple Threat (Lindsey) Spinning (Daniel)	Zumba Toning (Kathy)
9:00 a.m.		Stretching (Jadene- 30 Minutes)		Stretching (Jadene- 30 Minutes)		
9:30 a.m.	Yoga Flow/Align (Beginner/Intermediate) (Marla)	Yoga (Intermediate) (JJ) Sign up required	Pilates (Hillery, Upstairs area)	Deep Stretch (Beginner/ Intermediate) (JJ) Sign up required	Yoga Flow/Restore (Erin)	Power FlowYoga (Intermediate/ Advanced) (Marla)
10:30 a.m.	Barre Fusion (Marla)	Pilates (Brenda)		Yoga (Erin) 10:45am Start Time		
4:30 p.m.	Strong (Megan)	Functional Fitness and Toning (Megan)	Zumba (Megan)	Body Blast (Megan)		
5:30 p.m.	Yoga Flow and Restore (Beginner/Intermediate) (Marla) Canyons Conditioning (Kristi- Weight floor)	Yoga (Erin)		Canyons Conditioning (Kristi)		