

Group Fitness Schedule

New Classes and Special Events are Listed in **Red**

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS	SATURDAYS
Closed May 26 for Memorial Day					
Cardio Mix 9:15 - 10:00 am	Strength Training 9:15 - 10:00 am	Yoga 9:15 - 10:15 am	Low Impact Interval 9:15 - 10:00 am	Strength Training 9:15 - 10:00 am	
Pilates 10:00 - 11:00 am	Cardio Mix 10:00 - 10:45 am	Beginning Line Dance 10:30 - 11:00 am	Pilates 10:00 - 11:00 am	Pilates 10:00 - 11:00 am	Zumba 10:00 - 11:00 am
		Advanced Line Dance 11:00 - 11:30 am			
Stretch and Tone 11:15 - 11:45 am	Stretch and Balance 11:30 am - 12:10 pm	Stretch and Tone 11:30 am - 12:00 pm	Gentle Yoga 11:15 am - 12:15 pm	Stretch and Tone 11:15 - 11:55 am	Special Events! Line Dance Workshop May 24 and 31 10:00 am
				Special Event! Technique Class May 9 11:15 am	
	Boot Camp 5:30 - 6:30 pm		Boot Camp 5:30 - 6:30 pm		
Beginner Line Dance 5:30 - 6:00 pm					
Advanced Line Dance 6:00 - 6:30 pm					
	Pedal and Pump 6:30 - 7:20 pm No Class 5/27		Pedal and Pump 6:30 - 7:20 pm		
			Special Event! Easy Ride May 1 at 6:30 pm		