

Group Fitness Schedule



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00 AM	HIIT Explosion Aimee		Barre Amanda P.	HIIT Explosion Aimee	Power Step Tiffany	Boot Camp Joyce
9:05 AM	Yoga Cindy				Yoga Cindy	
10:10 AM	Senior Aerobics Tiffany	Silver Sneakers Classic Amanda P.	Chair Yoga Amanda	Silver Sneakers Classic Tiffany		
6:00 PM			Spin Aimee			
6:00 PM	Zumba Lisa	Ultimate Fizique Cindy	Zumba Lisa	R.I.P.P.E.D Cindy		