



# Group Fitness Schedule

## June 7 – August 6, 2021

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15am		Spin Leslie				
8:00am	HIIT Explosion Aimee	Spinerval Aimee	Barre Amanda	Power Step Tiffany <i>*Day change</i>	HIIT Explosion Aimee <i>*Day change</i>	
9:00am	Yoga Cindy	Zumba Amanda	Chair Yoga Amanda <i>*New time</i>		Yoga Cindy	
10:00am	Senior Dance Bonnie	Silver Sneakers Amanda		Silver Sneakers Tiffany		
5:00pm	Power Step 2.0 Claire					
6:00pm	Spin Aimee	Ultimate Fizique Cindy	Body Burner Megan* <i>New class</i>	Ultimate HIIT Cindy		