



## Group Fitness Schedule September 16-September 20, 2019

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15 AM						
8:00 AM	HIIT Explosion Aimee	R.I.P.P.E.D Cindy		HIIT Explosion Aimee	Power Walk Cindy	
9:05 AM	Yoga Amanda				Yoga in the Park Cindy	
10:10 AM	Zumba gold Amanda	Silver Sneakers Classic Amanda P.		Silver Sneakers Classic Patty		
5:00 PM	Interval Explosion Joyce	Barre Amanda P.				
6:00 PM						
6:10 PM		<b>ALL CLASSES WILL BE HELD AT THE ADA WRIGHT BUILDING</b>				
7:00 PM						