



Group Fitness

August - December 21, 2023

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15 AM		Spin Leslie				
8:00 AM	HIIT Explosion Aimee	Spinerval Aimee	Barre Amanda	HIIT Explosion Aimee	Ultimate Fizique Rachel	
9:05 AM	Yoga Cindy	Zumba Amanda	Chair Yoga Amanda	Dance Party Cindy	Yoga Cindy	Boot Camp Katy
10:10 AM	Senior Aerobics Amanda	Silver Sneakers Classic Amanda		Silver Sneakers Classic Patty	Line Pump Patty	
5:15 PM			Yoga Cindy			
6:00 PM	Spin Rachel Boot Camp Katy	Ultimate Fizique Cindy		Spinerval Katy		