

GROUP EXERCISE SCHEDULE EFFECTIVE 1/7/18

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CHAIR EXERCISE (WEIGHTS) 8:30-9:10 PARTY ROOM CINDY	CHAIR EXERCISE (BANDS) 8:30 - 9:10 PARTY ROOM CINDY	CHAIR EXERCISE (WEIGHTS) 8:30 - 9:10 PARTY ROOM CINDY	CHAIR EXERCISE (BANDS) 8:30 - 9:10 PARTY ROOM CINDY	CHAIR EXERCISE (WEIGHTS) 8:30 - 9:10 PARTY ROOM CINDY
BODY MADNESS 8:30-9:10 WANDA EX.ROOM	MAT PILATES 8:30 - 9:10 CAROLYN EX. ROOM	CARDIO/SCULPT INTERVALS-WILL 8:30-9:10 EX. ROOM	ZUMBA/TONE 8:30 - 9:10 WANDA EX. ROOM	CARDIO KICKBOX 8:30-9:10 WANDA EX. ROOM
BALANCE/STRETCH 9:20-10:00 CINDY ROOM A	CHAIR YOGA 9:20 - 10:00 CINDY ROOM A	SENIOR AEROBICS 9:20-10:00 CINDY PARTY ROOM	CHAIR YOGA PLUS 9:20 - 10:00 CINDY ROOM A	BALANCE/STRETCH 9:20 - 10:00 CINDY ROOM A
LOWIMPACT AEROBICS 9:20-10:00 WANDA EX. ROOM	SCULPT/TONE PLUS ABS 9:20 - 10:15 ELLEN EX.ROOM	ZUMBA 9:20 - 10:00 WANDA EXERCISE ROOM	BARRE FUSION 9:20 - 10:00 WANDA EX. ROOM	MAT PILATES 9:20-10:00 WANDA EX. ROOM
3-2-1 INTERVALS 10:10-10:50 CINDY EX. ROOM	WATER AEROBICS 10:10 - 10:50 CINDY OUTDOOR POOL	SCULPT AND TONE 10:10-10:50 CINDY EX. ROOM	WATER AEROBICS 10:10 - 10:50 WANDA OUTDOOR POOL	LOW IMPACT AEROBICS 10:10-10:50 WANDA EX. ROOM
WATER AEROBICS 10:10-10:50 WANDA OUTDOOR POOL	YOGA FLOW 10:20 - 11:30 ELLEN EX. ROOM	WATER AEROBICS 10:10 - 10:50 WANDA OUTDOOR POOL	20/20 10:10 - 10:50 CINDY EX. ROOM	WATER AEROBICS 10:10 - 10:50 CINDY OUTDOOR POOL
ZUMBA GOLD 11:00-11:30 WANDA EX.ROOM	CHAIR YOGA 11:45 - 12:15 CINDY EX. ROOM	GENTLE YOGA 11:00 - 11:40 CINDY EX.ROOM	STRETCH 11:10 - 11:40 WANDA EX.ROOM	BELLY DANCE 11:00 - 11:30 WANDA EXERCISE ROOM
SIT AND FIT 11:45-12:15 WANDA EX. ROOM	ASK THE TRAINER 12:15-1:00 GYM CINDY	CORE SPLASH 11:00 - 11:40 CAROLYN OUTDOOR POOL	ARTHRITIS AQUA 11:00-11:40 BOBBI INDOOR POOL	SIT AND FIT 11:45 - 12:15 WANDA EX. ROOM
ASK THE TRAINER 12:15-1:00 GYM CINDY		ASK THE TRAINER 12:15-1:00 GYM CINDY	SIT AND FIT 11:45 - 12:15 WANDA EX. ROOM	ASK THE TRAINER 12:15-1:00 GYM CINDY
SCULPT&TONE 2:15-2:55 GUSTAVO EX.ROOM	WATER AEROBICS 3:15 - 4:00 WILL OUTDOOR POOL	SIT AND FIT 11:45 - 12:15 WANDA EX. ROOM	WATER AEROBICS 3:15 - 4:00 WILL OUTDOOR POOL	
DANCE JAM 3:00-3:45 GUSTAVO EX. ROOM	ZUMBA 4:30 - 5:10 WANDA EX. ROOM	FAT BURN PILATES 3:45 - 4:30 NORMA EX.ROOM	YOGA FUSION 4:30 - 6:00 GUSTAVO EX.ROOM	
CORE SPLASH 3:00-3:45 CAROLYN OUTDOOR POOL	ZUMBA/TONE 5:20 - 6:00 WANDA EX. ROOM	YOGA BODY SCULPT 4:35 - 5:15 NORMA EX.ROOM		
SATURDAY		SUNDAY		
8:30-9:10 AQUA ZUMBA/9:20-10:00 AQUA TONE W/GUSTAVO 9:00-9:40 LOW IMPACT AEROBICS EX. ROOM 9:50-10:30 SCULPT/TONE/ABS EX. RM W/MAUREEN		9:45-10:25 WATER AEROBICS/10:30-11:10 INDOOR ARTHRITIS AQUA W/BOBBI 9:45-10:30 BODY SCULPT FUSION/ 10:30-11:30 YOGA W/ELLEN EX. ROOM		

