

## GROUP EXERCISE SCHEDULE EFFECTIVE 9/17/18

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
ZUMBA 8:30-9:10 WANDA EX.ROOM	MAT PILATES 8:30 - 9:10 CAROLYN EX. ROOM	LOW IMPACT MAUREEN 8:30-9:10 EX. ROOM	ZUMBA/TONE 8:30 - 9:10 WANDA EX. ROOM	SCULPT/TONE 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
SCULPT/TONE 9:20-10:00 WANDA EX. ROOM	LOW IMPACT AEROBICS 9:20 - 10:00 MONICA EX.ROOM	LEGS,CORE&MORE 9:20 - 10:00 WANDA EXERCISE ROOM	BARRE FUSION 9:20 - 10:00 WANDA EX. ROOM	ZUMBA 9:20-10:00 WANDA EX. ROOM
20/20 10:10-10:50 CINDY EX. ROOM	CORE SPLASH 9:20-10:00 CAROLYN OUTDOOR POOL	USE YOUR NOODLE 9:20-10:00 MAUREEN OUTDOOR POOL	WATER AEROBICS 10:10 - 10:50 WANDA OUTDOOR POOL	PI-YO 10:10-10:50 WANDA EX. ROOM
WATER AEROBICS 10:10-10:50 WANDA OUTDOOR POOL	WATER AEROBICS 10:10-10:50 CINDY OUTDOOR POOL	SCULPT/TONE 10:10-10:50 CINDY EX. ROOM	INTERVALS 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	SCULPT/TONE 10:10-10:50 MONICA EX. ROOM	WATER AEROBICS 10:10 - 10:50 WANDA OUTDOOR POOL	ZUMBA GOLD 11:00 - 11:30 WANDA EX.ROOM	BELLY DANCE 11:00 - 11:30 WANDA EXERCISE ROOM
SIT AND FIT 11:45-12:15 WANDA EX. ROOM	ABS&STRETCH 11:00-11:40 MONICA EX. ROOM	GENTLE YOGA 11:00 - 11:40 CINDY EX.ROOM	SIT AND FIT 11:45 - 12:15 WANDA EX. ROOM	SIT AND FIT 11:45 - 12:15 WANDA EX. ROOM
ASK THE TRAINER 12:15-1:00 GYM CINDY	CHAIR YOGA 11:45 - 12:15 CINDY EX. ROOM	SIT AND FIT 11:45 - 12:15 WANDA EX. ROOM	ARTHRITIS AQUA 3:15-3:55 BOBBI INDOOR POOL	ASK THE TRAINER 12:15-1:00 GYM CINDY
	INTERVALS 2:15-3:00 CAROLYN EX. ROOM	ASK THE TRAINER 12:15-1:00 GYM CINDY	WATER AEROBICS 4:00-4:40 BOBBI OUTDOOR POOL	
YIN YOGA 2:15-3:45 NORMA EX. ROOM	WATER AEROBICS 3:30-4:10 CAROLYN OUTDOOR POOL	FAT BURN PILATES 3:45 - 4:30 NORMA EX.ROOM	YIN YOGA 4:30 - 6:00 NORMA EX.ROOM	
	ZUMBA 4:30-5:10 ZUMBA/TONE 5:20-6:00 WANDA EX. ROOM	YOGA BODYSCULPT 4:35-5:15 NORMA EX. ROOM		
SATURDAY			SUNDAY	
9:00-9:40 LOW IMPACT AEROBICS EX. RM			9:45-10:25 WATER AEROBICS/10:30-11:10 (INDOOR) ARTHRITIS AQUA W/BOBBI	
9:50-10:30 SCULPT/TONE/ABS EX. RM W/MAUREEN			10:00-10:40 YOGA (STANDING) SANDEE EX. RM 10:45-11:30 YOGA (FLOOR) SANDEE EX. RM	





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