

GROUP EXERCISE SCHEDULE BEGINNING JUNE 24th 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
20/20 (WEIGHTS) 8:30-9:10 KATE YELLOW STUDIO	ZUMBA 8:30-9:10 EFSUN YELLOW STUDIO	LOW IMPACT 8:30-9:10 MAUREEN YELLOW STUDIO	CARDIO INTERVALS 8:30 – 9:10 CINDY YELLOW STUDIO	SCULPT/TONE 8:30-9:10 CAROLYN YELLOW STUDIO
SIT&FIT 9:00-9:30 CINDY BLUE STUDIO	SIT&FIT 9:00-9:30 CINDY BLUE STUDIO	SIT&FIT 9:00-9:30 CINDY BLUE STUDIO	QIGONG 9:00-9:40 LESTER BLUE STUDIO	SIT&FIT 9:00-9:30 CINDY BLUE STUDIO
YOGA-LATES 9:20-10:00 KATE YELLOW STUDIO	ZUMBA TONE 9:20-10:00 DOLANN YELLOW STUDIO	SCULPT/TONE 9:20-10:00 MAUREEN YELLOW STUDIO	ZUMBA 9:20-10:00 DOLANN YELLOW STUDIO	BARRE FUSION 9:20-10:00 CAROLYN YELLOW STUDIO
CHAIR YOGA 9:35-10:05 CINDY BLUE STUDIO	CHAIR YOGA PLUS 9:35-10:05 CINDY BLUE STUDIO	CHAIR YOGA 9:35-10:05 CINDY BLUE STUDIO	FLEXIBLE STRENGTH 9:45-10:25 LESTER BLUE STUDIO	CHAIR YOGA 9:35-10:05 CINDY BLUE STUDIO
BALANCE YOGA 10:10-10:40 CINDY BLUE STUDIO		ZUMBA 10:10-10:50 DOLANN YELLOW STUDIO	ZUMBA TONE 10:10-10:50 DOLANN YELLOW STUDIO	LOW IMPACT AEROBICS 10:10-10:50 CINDY YELLOW STUDIO
ZUMBA GOLD 11-11:40 DOLANN YELLOW STUDIO	20/20 (BANDS) 10:10-10:50 CINDY YELLOW STUDIO	ZUMBA 10:10-10:50 DOLANN YELLOW STUDIO	ZUMBA TONE 10:10-10:50 DOLANN YELLOW STUDIO	LOW IMPACT AEROBICS 10:10-10:50 CINDY YELLOW STUDIO
WATER AEROBICS 10:10 – 10:50 KATE OUTDOOR POOL	WATER AEROBICS 10:10 – 10:50 CAROLYN OUTDOOR POOL	AQUA ZUMBA 10:10 – 10:50 EFSUN OUTDOOR POOL	WATER AEROBICS 10:10-10:50 CAROLYN OUTDOOR POOL	WATER AEROBICS 10:10 – 10:50 CAROLYN OUTDOOR POOL
CHAIR PILATES 11:00-11:35 KATE BLUE STUDIO	CHAIR ZUMBA 10:10-10:45 DOLANN BLUE STUDIO	BACK AND BALANCE 10:10-10:50 CAROLYN BLUE STUDIO	ROCK BOTTOM/FAB ABS 11:00-11:40 CAROLYN YELLOW STUDIO	QIGONG 10:10-10:50 LESTER BLUE STUDIO
SIT&FIT 11:45-12:15 CINDY BLUE STUDIO	BARRE FUSION 11:00-11:40 CAROLYN YELLOW STUDIO	SIT&FIT 11:00 -11:30 CAROLYN BLUE STUDIO	CHAIR YOGA 11:00-11:30 CINDY BLUE STUDIO	TAI CHI 10:55-11:35 LESTER BLUE STUDIO
BARRE YOGA 12:00-12:30 SANDEE YELLOW STUDIO	CHAIR YOGA 11:00-11:30 CINDY BLUE STUDIO	ZUMBA GOLD 11:00-11:40 DOLANN YELLOW STUDIO	SIT AND FIT 11:45-12:15 CAROLYN BLUE STUDIO	ZUMBA GOLD 11:00-11:40 DOLANN YELLOW STUDIO
GENTLE YOGA 12:40-2:10 SANDEE YELLOW STUDIO	SIT&FIT 11:45-12:15 CAROLYN BLUE STUDIO	BARRE-LATES 11:45-12:25 CAROLYN YELLOW STUDIO	YOGA SLOW FLOW 12:00-1:20 SANDEE YELLOW STUDIO	CHAIR ZUMBA TONE 11:45-12:15 DOLANN BLUE STUDIO
QIGONG 4:00-4:40 LESTER BLUE STUDIO	YOGA SLOW FLOW 12:00-1:30 SANDEE YELLOW STUDIO	QIGONG 11:45-12:25 LESTER BLUE STUDIO	GENTLE YOGA 1:30-2:40 SANDEE YELLOW STUDIO	BARRE YOGA 12:00-12:30 SANDEE YELLOW STUDIO
TAI CHI 4:45-5:25 LESTER BLUE STUDIO	ROCK BOTTOM/FAB ABS 4:00-5:15 CAROLYN YELLOW STUDIO	TAI CHI 12:30-1:10 LESTER BLUE STUDIO		STRETCH/TONE 4-4:40 CAROLYN YELLOW STUDIO
		WATER AEROBICS CAROLYN 3:15-3:55	MAT PILATES 4:50-5:30 CAROLYN YELLOW STUDIO	
		MAT PILATES 4:05-4:45 CAROLYN YELLOW STUDIO		
SATURDAY			SUNDAY	
9:00-9:40 LOW IMPACT AEROBICS MAUREEN YELLOW			9:10-9:50 20/20 MONICA YELLOW STUDIO	
9:45-10:25 WATER AEROBICS MONICA OUTDOOR POOL			10:00-11:00 TOTAL WATER AEROBICS (20/20/20) MONICA OUTDOOR POOL	
9:45-10:25 SCULPT/TONE MAUREEN YELLOW STUDIO				
10:35-11:35 PILATES MONICA YELLOW STUDIO			10:00-11:30 YOGA FLOW SANDEE YELLOW STUDIO	