

GROUP EX CLASSES

*Instructors are on rotation during weekends.

	MON	TUE	WED	THU	FRI	SAT	SUN
5 AM	Spin Rogerick	Shred Owenne	Spin Rogerick	Shred Lacey	Spin David		
5:30 AM	Body Pump Heather		Body Pump Kim		Body Pump Kim/Heather		
6 AM		Barre Abbey * group ex room		Barre Abbey * group ex room			
8 AM	Turf Yoga Donna		Turf Yoga Donna		Turf Yoga Donna		
8:30 AM	Deep Water Running Jennifer	Deep Water Running Amy	Deep Water Running Jennifer	Deep Water Running Amy	Deep Water Running Jennifer	Spin Body Pump	
8:45 AM	Body Attack Kelly Spin Angie	Shred Express Cammie	Body Combat Spin Cammie Angie	Shred Express Kelly	Body Attack Spin Kelly Cammie		
9:20 AM		Core Cammie		Core Kelly			
9:30 AM	Aqua Fit Amy	Deep Water Running Amy		Deep Water Running Amy	Deep Water Running Jennifer	Core Aqua Rotation (DWR or Aqua Fit)	
9:45 AM	Body Pump Cammie		Body Pump Lee		Body Pump Cammie		
10 AM		Pilates Judy		Pilates Jennifer			
10:10 AM						Step Deborah	
10:30 AM		Aqua Fit Julia	Aqua Fit Julia	Aqua Fit Julia	Arthritic Water Julia	Turf Yoga	
11 AM	Senior Cardio Fit Rebecca	Zumba Jenelia	Restorative Yoga Jennifer	Senior Move Nancy D	Senior Cardio Fit Rebecca		
11:15 AM						Cardio Dance	
12 PM	Shred LOW Nancy D	Yoga Jennifer M	Shred LOW Nancy D	Yoga Gretchen			
1:30 PM							Step Express
2 PM							Deep Water Running
2:30 PM							Body Pump
3:30 PM							Power Yoga
4 PM	Yoga Jennifer						
4:30 PM	Spin Owenne			Yoga Spin Jennifer Owenne			
4:45 PM	Zumba Jenelia	Body Attack Saana	Zumba Tasha				
5:15 PM	Aqua Fit Jennifer						
5:30 PM	Body Pump Spin Kim Lee	Body Pump Express Heather	Body Combat Spin Saana Lee	Body Pump Kim			
6:00 PM				Deep Water Running Jennifer			
6:15 PM			Core Saana				
6:30 PM	Core Lee	Body Combat Kaylie		Pilates Heather			

SPIN
 STEP
 BODY ATTACK
 AQUA FIT
 DEEP WATER RUNNING
 BODY PUMP
 BODY COMBAT
 ARTHRITIC WATER
 BARRE
 SENIOR FOCUSED
 ZUMBA/DANCE
 CORE
 PILATES
 SHRED
 YOGA
 AQUA ROTATION
 (DWR or Aqua Fit)