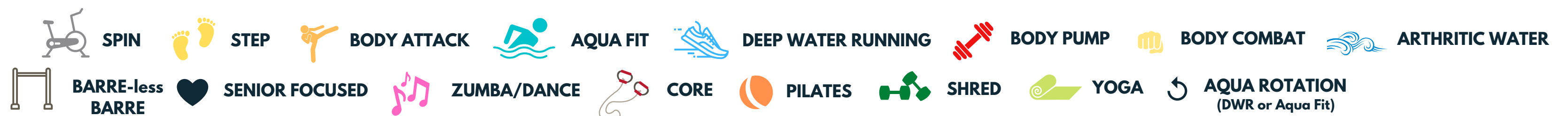


# GROUP EX CLASSES








\*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-less Barre Abbey * group ex room		Barre-less 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  Spin	
8:45 AM	Body Attack Kelly  Spin Angie	Shred Express Cammie	Body Combat Cammie  Spin Angie	Shred Express Kelly	Body Attack Kelly  Spin Leah		
9:20 AM		Core Cammie		Core Kelly			
9:30 AM	Aqua Fit Amy	Deep Water Running Amy	Deep Water Running Jennifer	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 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			Yoga Jennifer			
4:30 PM	Spin Owenne			Spin Owenne			
4:45 PM	Zumba Jenelia	Body Attack Saana	Zumba Tasha				
5:15 PM	Aqua Fit Jennifer			Deep Water Running Jennifer			
5:30 PM	Body Pump Kim  Spin Lee	Body Pump Express Heather	Body Combat Saana  Spin Lee	Body Pump Kim			
6:15 PM			Core Melissa				
6:30 PM	Core Lee	Body Combat Kaylie					







# JANUARY GROUP EX WEEKEND CLASSES

## SATURDAY

	1	8	15	22	29	
<b>8:30 AM</b>	 Spin  Body Pump	<b>NO CLASSES</b>	LEAH	OWENNE	ANGIE	STEPHANIE
			CAMMIE	LEE	NANCY	HEATHER
<b>9:30 AM</b>	 Core  Aqua Rotation (DWR or Aqua Fit)		KELLY	LEE	NANCY	CAMMIE
			JULIA AQUA FIT	DONNA AQUA FIT	TBA	DONNA AQUA FIT
<b>10:10 AM</b>	 Step		DEBORAH	DEBORAH	DEBORAH	DEBORAH
<b>10:30 AM</b>	 Turf Yoga		TBA	JENNIFER	JENNIFER	JENNIFER
<b>11:15 AM</b>	 Cardio Dance		NANCY	NANCY	NANCY	NANCY

## SUNDAY

	2	9	16	23	30	
<b>1:30 PM</b>	 Step Express <b>NO CLASSES</b>		MECHELLE	MECHELLE	MECHELLE	MECHELLE
<b>2 PM</b>	 Deep Water Running		ROB	ROB	ROB	ROB
<b>2:30 PM</b>	 Body Pump		HEATHER	MELISSA	PAM	PAM
<b>3:30 PM</b>	 Power Yoga		JENNIFER	JENNIFER	JENNIFER	JENNIFER

