

## Group Fitness Class Schedule (May - August)

<u>Time</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
5:40 - 6:30 am	combo tone		combo tone		combo tone	
5:45 - 6:30 am	H2O Fitness	H2O Fitness	H2O Fitness	H2O Fitness	H2O Fitness	
6:00 - 6:50 am	cycling	body toning	cycling	body toning	cycling	
7:00 - 7:50 am						cardio mix
8:00 - 8:50 am	low-impact combo; body toning ( <i>senior</i> )	yoga stretch	low-impact combo; body toning ( <i>senior</i> )	yoga stretch	low-impact combo; body toning ( <i>senior</i> )	H2O fitness*
9:00 - 9:50 am	H2O Senior; body toning		H2O Senior; body toning		H2O Senior; body toning	
9:00 - 10:00 am		60 min cardio		60 min cardio		
9:30 - 10:00 am		stretch & flex		stretch & flex		
9:50 - 10:20 am	power yoga		power yoga		power yoga	
10:45 - 11:30 am		forever fit		forever fit		
12:05 - 12:55 pm	body toning; H2O Fitness; cycling*	walk-n-tone*	body toning; H2O Fitness; cycling*	walk-n-tone*	body toning; H2O Fitness; cycling*	
3:30 - 4:20 pm		yoga stretch		yoga stretch		
4:45 - 5:35 pm	combo	pilates	combo	pilates	combo	
4:45 - 5:15 pm	abs-n-more		abs-n-more		abs-n-more	
5:45 - 6:35 pm	cycling; yoga stretch	fit-to-the-core	cycling; yoga stretch	fit-to-the-core	yoga stretch	
6:40 - 7:10 pm		abs-n-more		abs-n-more		
7:00 - 7:50 pm	H2O Fitness	H2O Fitness	H2O Fitness	H2O Fitness		
7:30 - 8:20 pm	fit-to-the-core		fit-to-the-core			

\*These classes are only offered during May.

