

Group Exercise Classes

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Cycle 6:30am-7:30am Ann	Interval Training- Gym 6:45am-7:30am Debbie	Cycle 6:30am-7:30am Debbie	Interval Training - Gym 6:45am-7:30am Debbie	Cycle 6:30am-7:30am Ann		
	Senior Fitness OUTSIDE 7:00-7:45am Lynne					Cycle 8:15-9:15am Hilary/Anne	
		Hatha Yoga 8:00am -9:00am Colleen D. *	Strength Train- Gym 7:45am-8:30am Lynne	Barre 8:00am-9:00am Ann *	Strength Train- Gym 7:45am-8:30am Ann	Pilates 10am-11am Maureen *	
	BRICKHOUSE- Gym 9:00-10:00am Ashley	TBC -Gym 9am-10am Lynne	Gym 9:00am-10:00am Scotti	Zumba® -Gym 9:00am-10:00am Lisa	HIIT - Gym 9am-10am Ashley	 11:30am-12:30pm Amanda	
	Cycle 12pm-1pm Holly	Barre Strength 10:00am-11:00am Ashley *	Cycle 12pm- 1pm Tara	Barre Strength 10:00am-11:00am Ashley *	Cycle 12pm-1pm April	No Group Fitness Classes will be held on July 4th	Vinyasa Flow Yoga 10:15-11:30am Peggy *
		Yin Yoga 12:00-1:00pm Kim *					
	Cycle 5:30pm-6:30pm Karla	Core and More 5:00pm-6:00pm Amanda	Cycle 5:30pm-6:30pm Holly	Yoga Sculpt 5:00pm-6:00pm Kate *			
							Please note: Participants in group fitness classes are asked to bring their own mat.

* Indicates a \$9 drop in fee for this class (annual passholders attend free)

* Please note, the times, formats, and instructors listed are subject to change on a monthly basis.