

Group Fitness Class Schedule

Week of September 13- 19

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5 am		OPEN	Strength Bootcamp with Amanda	OPEN	Strength and Stretch with Amanda	OPEN	
7 am		OPEN	Indoor Cycling with Denise	OPEN	Indoor Cycling with Denise	Heartcore Step with Robin	
9 am		Zumba with Nichole	Silver Sneakers with Andrea	Zumba with Nichole	Silver Sneakers with Andrea	Zumba with Nichole	Zumba with Steph
11 am	All Levels Yoga with Marcy	Gentle Hatha Chair Yoga with Maureen	Zumba Gold Toning with Liz	Gentle Hatha Chair Yoga with Maureen	Adaptive Fitness with Denise	OPEN	Power Flow Yoga
4:30 pm		Heartcore Step with Nadeen	Power cycle with Karen	Adaptive Fitness with Denise	Piloxing with Karen	OPEN	
6 PM		Fitness Fusion with Missy	**Zumba with Steph	Yoga Sculpt with Missy	**STRONG 30/30 with Steph	OPEN	

** Call ahead to reserve your spot for Zumba class on Tuesday and Thursday night! The gymnasium is NO longer available if participant numbers exceed 14 members.