



# GROUP EXERCISE SCHEDULE



# MAY 2023

MON	TUES	WED	THUR	FRI	SAT
5:15am Cycle with Jose	8am Zumba with Angela	5:15am Cycle with Michelle	8:30am Cycle Pump Strength with Jasmine	5:15am Cycle with Jeff/Michelle	8am Cycle with Guy
8:30am Zumba with Jackie	9:30am Strength Train Together with Christa	8:30am Strength/Cardio with Jasmine	9:30am Strength Train Together with Christa	8:30am Zumba with Jackie	9:30am Strength Train Together with Vicki
9:30am Cycle with Amy	10am SilverSneakers Classic with Cheri [Gym] [In-Person & Zoom]	9:30am Cycle with Amy	10am SilverSneakers Classic with Jasmine [Gym]	10am Gentle Yoga with Audri	
10am SilverSneakers Classic with Cheri [Gym] [In-Person & Zoom]	11am SilverSneakers Stability with Cindy [Gym]	10am SilverSneakers Soul with Jasmine [Gym]	11am HIGHLow Fitness with Elizabeth	10am Kids Flex with Jordan [Elementary school age] [Gym]	<b>SUNDAYS</b>
11am SilverSneakers Yoga with Cindy	11am HIGHLow Fitness with Elizabeth			11am SilverSneakers Yoga with Cheri [In-Person & Zoom]	12:30pm Cycle with Guy
12pm Y Firm with Melissa		12pm Y Firm with Melissa		12pm Y Firm with Melissa	
6pm Cardio Mix with Kristie	5:45pm Tabata HIIT Conditioning with Vicki	6pm Zumba with Janessa	5:45pm Tabata HIIT Conditioning with Vicki	5pm Cycle with Guy	
6:30pm Abs & Circuit with Darryl [Steelworks]	7pm Yoga with Kristie	6:30pm Abs & Spin with Darryl [Steelworks]	7pm Yoga with Kristie		

**Please note:** Schedule is subject to change. All classes occur in our GroupEx Studio unless otherwise noted.



## Pool GroupEx

Mon/Wed - Water Fitness @ 5:30pm  
with Christine [Main Pool]

Wednesdays - PowerSwim @ 5:30pm  
with Josh [Lap Lanes]

Tue/Th - Water Fitness @ 8:30am  
with Bobbi [Main Pool]

Fridays - Water Fitness @ 8:30am  
with Janique [Main Pool]