



# GROUP EXERCISE

## SCHEDULE



# JAN 2022

MON	TUES	WED	THUR	FRI	SAT
5:15am Cycle with Jose		5:15am Cycle with Michelle		5:15am Cycle with Jeff/Michelle	
8:30am Zumba with Chelsa	9:30am Strength Train Together with Christa	8:30am Zumba with Joanna	9:30am Strength Train Together with Christa	8:30am Zumba with Hilary	9:30am Strength Train Together with Vicki
9:30am TRX with Megan	10am SilverSneakers Classic with Cindy [Gym] [In-Person & Zoom]	9:30am Cycle with Amy	10am SilverSneakers Classic with Cheri [Gym] [In-Person & Zoom]	9:30am Cycle with Amy	
10am SilverSneakers Classic with Cheri [Gym] [In-Person & Zoom]	11am Gentle Yoga with Audri	11am SilverSneakers Yoga with Cheri [In-Person & Zoom]	11am Gentle Yoga with Audri	10am SilverSneakers Classic with Cheri [Gym]	
11am SilverSneakers Yoga with Cindy		12pm Y Firm with Melissa		11am SilverSneakers Yoga with Cheri [In-Person & Zoom]	
12pm Y Firm with Melissa				12pm Y Firm with Melissa	
6pm Cardio Mix with Kristie	6pm Metabolic Conditioning with Vicki	6pm Zumba with Janessa	6pm Metabolic Conditioning with Vicki		
6:30pm Circuit Training with Darryl [Steelworks]	7pm Yoga with Kristie	6:30pm Circuit Training with Darryl [Steelworks]	7pm Yoga with Kristie		

**Pool GroupEx** 

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

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

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

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