



# GROUP EXERCISE SCHEDULE



# MAR 2023

MON	TUES	WED	THUR	FRI	SAT	SUN
5:15am Cycle with Jose	8am Zumba with Angela	5:15am Cycle with Michelle		5:15am Cycle with Jeff/Michelle		
9:30am Cycle with Amy	9:30am Strength Train Together with Christa	8:30am Boot Camp with Christa [Interim Class]	9:30am Strength Train Together with Christa		9:30am Strength Train Together with Vicki	
10am SilverSneakers Classic with Cheri [Gym] [In-Person & Zoom]	10am SilverSneakers Classic with Cheri [Gym] [In-Person & Zoom]	9:30am Cycle with Amy	10am SilverSneakers Classic with Cindy [Gym] [In-Person & Zoom]	10am Gentle Yoga with Audri		12:30pm Cycle with Guy
11am SilverSneakers Yoga with Cindy	11am Yoga & Stability Together with Cindy [Gym]	10am SilverSneakers Classic with Cheri [Gym] [In-Person & Zoom]	11am HIGHLow Fitness with Elizabeth	10am Kids Flex with Jordan (Elementary school age) [Gym]		
12pm Y Firm with Melissa	11am Glutes & Abs with Elizabeth			11am SilverSneakers Yoga with Cheri [In-Person & Zoom]		
	11:30am Tone20 with Elizabeth	12pm Y Firm with Melissa		12pm Y Firm with Melissa		
6pm Cardio Mix with Kristie	5:45pm Metabolic Conditioning with Vicki	6pm Zumba with Janessa	5:45pm Metabolic Conditioning with Vicki			
6:30pm Abs & Circuit with Darryl [Steelworks]	7pm Yoga with Kristie	6:30pm Abs & Spin with Darryl [Steelworks]	7pm Yoga with Kristie	6pm Cycle with Guy		

**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]