



# GROUP EXERCISE SCHEDULE



NOV  
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	8am Cycle with Guy	NO GROUP EXERCISE CLASSES
8:30am Zumba with Jacque	9:30am Strength Training with Christa	8:30am Strength/Cardio with Jasmine	8:30am Cardio Toning with Jacque	8:30am Zumba with Jacque	9:30am Strength Training with Vicki	
9:30am Sprint 8 with Jasmine	10am SilverSneakers Classic with Cheri [Gym] [In-Person & Zoom]	9:30am Sprint 8 with Jasmine	9:30am Strength Training with Christa	9:30am Sprint 8 with Jasmine		
10am Spin with Amy	11am HIGHLow Fitness with Elizabeth	10am Spin with Amy	10am Silver Soul with Jasmine [Gym]	10am Gentle Yoga with Audri		
10am SilverSneakers Classic with Cheri [Gym] [In-Person & Zoom]		10am Silver Soul with Jasmine [Gym]	11am HIGHLow Fitness with Elizabeth	10am Kids Flex with Jordan (Elementary school age) [Gym]		
11am SilverSneakers Chair Yoga with Cindy		11am SilverSneakers Stability with Cindy		11am SilverSneakers Chair Yoga with Cheri [In-Person & Zoom]		
12pm Y Firm with Melissa	5:45pm Tabata HIIT Conditioning with Vicki	12pm Y Firm with Melissa	4pm Zumba with Siu	12pm Y Firm with Melissa		
6pm Cardio Mix with Kristie	7pm Yoga with Kristie	6pm Yoga with Laura	5:45pm Tabata HIIT Conditioning with Vicki			
6:30pm Abs & Circuit with Darryl [Steelworks]		6:30pm Abs & Spin with Darryl [Steelworks]	7pm Yoga with Kristie			

**Pool GroupEx**

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

Wednesdays - Aqua Tone @ 11a  
with Janique [Therapy Pool]  
PowerSwim @ 5:30p  
with Josh [Lap Lanes]  
Aqua Zumba @ 6p  
with Janessa [Therapy Pool]

Tue/Th - Water Fitness @ 8:30a & 9:30a  
with Bobbi [Main Pool]

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

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