



GROUP EXERCISE SCHEDULE



SEPT 2023

MON	TUES	WED	THUR	FRI	SAT
5:15am Cycle with Jose	8am Zumba with Angela	5:15am Cycle with Michelle		5:15am Cycle with Jeff/Michelle	8am Cycle with Guy
8:30am Zumba with Jacque	9:30am Strength Train Together with Christa	8:30am Strength/Cardio with Jasmine	8:30am Cardio Toning with Jacque	8:30am Zumba with Jacque	9:30am Strength Train Together 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 Train Together with Christa	9:30am Sprint 8 with Jasmine	
10am Spin & Strength with Jasmine	10am Silver Soul with Jasmine [Gym]	10am Silver Soul with Jasmine [Gym]	10am Silver Soul with Jasmine [Gym]	10am Gentle Yoga with Audri	
10am SilverSneakers Classic with Cheri [Gym] [In-Person & Zoom]	11am HIGHLow Fitness with Elizabeth	11am SilverSneakers Stability with Cindy	11am HIGHLow Fitness with Elizabeth	10am Kids Flex with Jordan (Elementary school age) [Gym]	
11am SilverSneakers Chair Yoga with Cindy		12pm Y Firm with Melissa		11am SilverSneakers Chair Yoga with Cheri [In-Person & Zoom]	
12pm Y Firm with Melissa			4pm Zumba with Siu	12pm Y Firm with Melissa	
6pm Cardio Mix with Kristie	5:45pm Tabata HIIT Conditioning with Vicki	6pm Yoga with Laura	5:45pm Tabata HIIT Conditioning with Vicki	5:30pm 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		



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.