



GROUP EXERCISE SCHEDULE SEPTEMBER

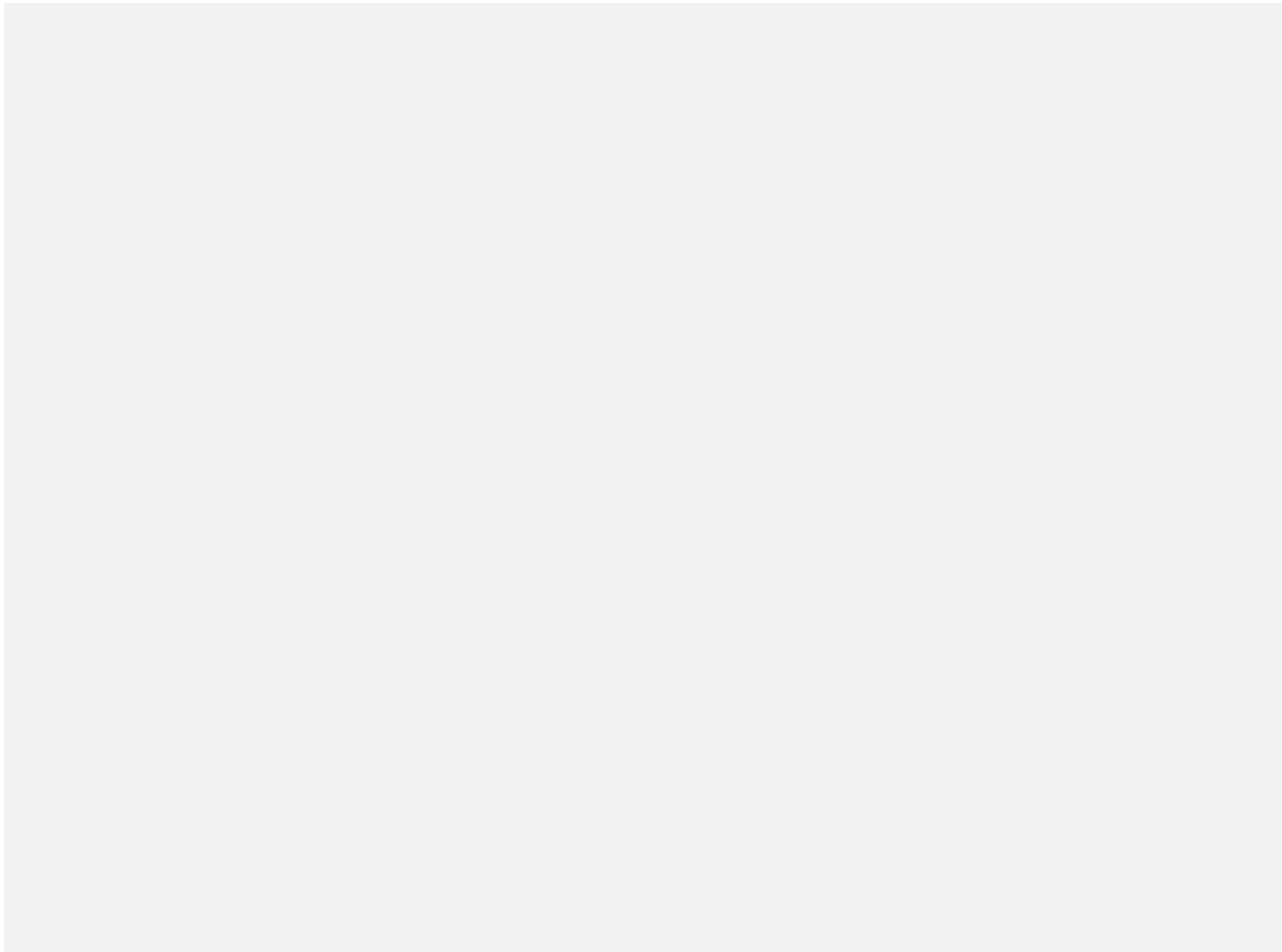
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	5:30/6 am Spin/Strength Jeff- 6am	5:30/6 am Interval-Mary Spin/Strength Jeff- 6am	5:30/6 am Interval-Mary Spin/Strength Jeff- 6am	5:30 HIIT-Kelly	5:30 Interval-Mary	
	8:00am MX4-(fee) Heather Yoga Ginnie	8:00am MX4-(fee) Mary Yoga Sally	8:00am Yoga Ginnie	8:00am Yoga Sally	8:00am MX4-(fee) Jenny Yoga Ginnie	8:00am Power 30 Jeff Bootcamp Heather- 8:30
	9/9:15 am Spin-Julia 9am Cardio Strength Kelly Fluid Fit-(fee) Denice	9/9:15 am Spin-Lisa 9am Cardio Strength Jenny	9/9:15 am Spin-Denice 9 HIIT Heather	9/9:15 am Spin-Lisa 9am Tabata Denice	9:00am Spin-Jenny HIIT- Ty TRX-(fee)- Denice	9/9:15 am Wet/Sweat-(fee) Jeff Spin-Jodi 9:30
	10:30 am Yoga Sally	10:30 am Fit Over Fifty Denice	10:30 am Yoga Sally	10:30 am Fit Over Fifty Judi	10:30 am MX4-(fee) 10am Mary Fit Over Fifty Denice	10:00 am Kickboxing Jeff
1:30 pm Yoga Ginnie	12:15 pm Senior Shape Up Betsy	12:00 pm Line Dance Lynn	12/12:15 pm MX4-(fee) Denice 12pm Senior Shape Up Betsy	12:00 pm Line Dance Lynn		11:00 am Yoga Laura
		4:45 pm HIIT Denice		4:45 pm HIIT Heather Spin-Emily 4:30	4:30 pm Spin-Jodi	
	5:30 pm Strength-Gina Spin-Jodi	5:30 pm Kickboxing- Jeff Spin-Emily	5:30 pm Strength- Gina Spin- Set 1 & 2 Jeff	5:30 pm Kickboxing- Jeff	5:30 pm Stretch- Jeff	
		6:30 pm Pilates- Martha	6:30 Zumba- Jennifer	6:30 pm Yoga- Laura		

Schedule begins Sept. 1st and is subject to change. Please wait until classes are finished to enter the aerobics room. **Children are not allowed in the aerobics room without supervision.**

Bikes are first come first serve basis.



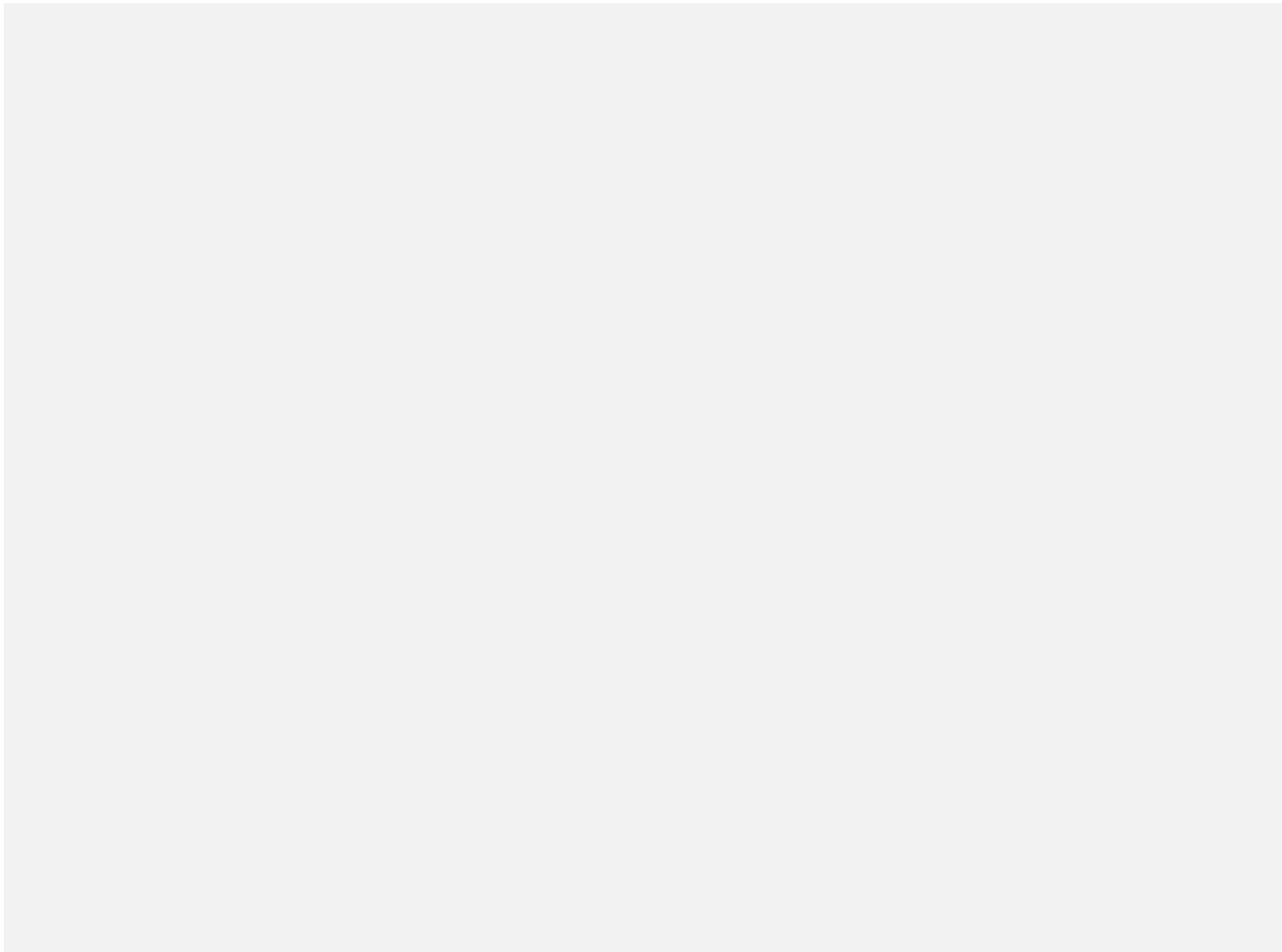
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