

FALL / WINTER 2019 - 2020 GROUP FITNESS

Time/Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00	Cardio - Strength Circuit 7:00 - 8:00am	Total Body Challenge 7:00 - 8:00am	Basic Boot Camp 7:00 - 8:00am	ZUMBA* 7:30 - 8:30am	Cardio Kick Box 7:00 - 8:00am		
7:30							
8:00							
8:30	Circuit 55+ 8:30 - 9:00am		Circuit 55+ 8:30 - 9:00am		Circuit 55+ 8:30 - 9:00am	Total Body Challenge 8:15 - 9:15am	
9:00				Step & Muscle Conditioning 9:00 - 10:00am			
9:30	Hi-Low Impact 9:30 - 10:15am	ZUMBA* 9:15 - 10:15am	Total Body Challenge 9:15 - 10:15am				Step & Groove 9:15 - 10:15am
10:00							
10:30	Muscle Conditioning 10:15 - 11:00am	ZUMBA* Tone 10:15 - 11:00am		Strength Training 10:00 - 11:00am	HI-Low & Groove 9:45 - 10:30am	Tone & Abs 10:15 - 10:30am	Muscle Conditioning 10:15 - 11:00am
11:00			Total Body Challenge 10:15 - 11:15am		Combo Sculpt & Resist-A-Ball 10:30 - 11:15am	Hi-Low Impact & Sculpt 10:30 - 11:30am	
11:15							
11:30							
12:00			Mindful Movement 12:00 - 1:00pm				
5:00							
5:30							
6:00	ZUMBA* 5:30 - 6:45pm	Step 6:00 - 6:45pm	Cardio Kick Box 6:00 - 7:00pm	Strength Training 5:45 - 6:45pm	Total Body Challenge 6:00 - 7:00pm		
6:30		Abs 6:45 - 7:00pm		Stretch & Core 6:45 - 7:15pm			
7:00	Body Blast 6:45 - 7:30pm	Muscle Conditioning 7:00 - 8:00pm	Muscle Conditioning 7:00 - 8:00pm				
7:30	Monday Night Stretch						
8:00	7:30 - 8:30pm						

Schedules are subject to change without notice.