

Fall / Winter 2020 - 2021 Group Fitness Schedule							
Time/Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30	Cardio - Strength Circuit	Total Body Challenge	Basic Boot Camp	ZUMBA®	Cardio Kick Box		
8:00	7:30 - 8:30am	7:30 - 8:30am	7:30 - 8:30am	7:30 - 8:30am	7:30 - 8:30am		
8:30	Circuit 55+ 8:30 - 9:00am		Circuit 55+ 8:30 - 9:00am		Circuit 55+ 8:30 - 9:00am	Total Body Challenge 8:30 - 9:30am	
9:00							
9:30	Hi-Low Impact 9:30 - 10:15am	ZUMBA® 9:30 - 10:30am	Total Body Challenge 9:30 - 10:30am	Step & Muscle Conditioning 9:30 - 10:30am	Hi-Low & Muscle Conditioning 9:30 - 10:30am	Step & Groove and Abs 9:30 - 10:30am	Step 9:30 - 10:15am
10:00							
10:30	Muscle Conditioning 10:30 - 11:15am	ZUMBA® Tone 10:30 - 11:30am	Total Body Challenge 10:30 - 11:30am	Strength Training 10:30 - 11:30am	Strength & Gliding Disc 10:30 - 11:30am	Hi-Low Impact & Sculpt 10:30 - 11:30am	Muscle Conditioning 10:30 - 11:30am
11:00							
11:30							
12:00							
5:00							
5:30	ZUMBA® 5:30 - 6:30pm	Step 5:30 - 6:30pm					
6:00							
6:30	Body Blast 6:30 - 7:30pm	Muscle Conditioning 6:30 - 7:30pm	Cardio Kick Box 6:30 - 7:15pm	Strength Training 6:30 - 7:30pm			
7:00							
7:30	Monday Night Stretch 7:30 - 8:30pm		Muscle Conditioning 7:30 - 8:15pm				
8:00							

Schedules subject to change without notice.