

# FALL / WINTER 2020 - 2021 GROUP FITNESS SCHEDULE

Time/Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30	Cardio - Strength Circuit	HIIT 7:30 - 8:15am		HIIT 7:30 - 8:15am	Total Body Challenge 7:30 - 8:20am		
8:00	7:30 - 8:20am				7:30 - 8:20am		
8:30	Circuit 55+ 8:30 - 9:00am				Circuit 55+ 8:30 - 9:00am		
9:00							
9:30	Muscle Conditioning 9:30 - 10:30am	ZUMBA <sup>*</sup> 9:30 - 10:30am	Total Body Challenge 9:30 - 10:30am	ZUMBA <sup>*</sup> 9:30 - 10:30am	HIIT 9:30 - 10:30am	Strength 9:30 - 10:30am	Circuit Training 9:30 - 10:30am
10:00							
10:30							
11:00							
11:30							
12:00							
5:00							
5:30	ZUMBA <sup>*</sup> 5:30 - 6:30pm		Muscle Conditioning 5:30 - 6:30pm				
6:00				Boot Camp 6:15 - 7:00pm			
6:30							
7:00	Strength/ Core/Stretch 6:45 - 7:45pm						
7:30				Muscle Conditioning 7:15 - 8:15pm			
8:00							

Schedules subject to change without notice.