

SUMMER 2020 OUTDOOR GROUP FITNESS SCHEDULE

| Time/Day | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|----------|--|--------------------------------------|------------------------------------|----------------------------------|-------------------------------------|--|------------------------------------|
| 7:00 | | | | | | | |
| 7:30 | Cardio Strength Circuit 7:30 - 8:30am | | Strength Training 7:30 - 8:30am | | Hi/Low & Groove 7:30 - 8:30am | | |
| 8:00 | | Circuit 55+ 8:00 - 8:45am | | Circuit 55+ 8:00 - 8:45am | | | |
| 8:30 | | | | | | | |
| 9:00 | Muscle Conditioning 9:15 - 10:15am | | ZUMBA® 9:15 - 10:15am | | | Body Weight Training 9:00 - 10:00am | Circuit Training 9:00 - 10:00am |
| 9:30 | | | | | | | |
| 10:00 | | ZUMBA® & Stretch 10:00 - 11:30am | | | Circuit Training 10:00 - 11:00am | | |
| 10:30 | | | | | | | |
| 11:00 | | | | | | | |
| 11:30 | | | | | | | |
| 12:00 | | | | | | | |
| 6:00 | ZUMBA® 6:00 - 7:00pm | Hi/Low Cardio 6:00 - 7:00pm | Strength Training 6:00 - 7:00pm | Bootcamp 6:00 - 7:00pm | | | |
| 6:30 | | | | | | | |
| 7:00 | | Muscle Conditioning 7:15 - 8:00pm | | Strength & Core 7:15 - 8:00pm | | | |
| 7:30 | | | | | | | |
| 8:00 | | | | | | | |

Schedules are subject to change without notice.