

Group Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
Indoor Cycling 8:30am Colleen	Combo Crush 9:30am Carrie	Indoor Cycling 8:30 Colleen	HIIT 9:30am Carrie	Indoor Cycling 8:30am Colleen
Silver Sneakers Classic 9:30am Lucy	Brains and Balance 11:00am Kimm	Silver Sneakers Classic 9:30am Lucy	Cardio Drumming-Seniors 11:00am Kimm	Silver Sneakers CARDIO(Track) 9:30am Lucy
Beach Body(Track) 9:00am Courtney		Yoga 10:45am Emily		Silver Sneakers Chair Yoga 11:00am Kimm(starting October 1)
Dance Cardio 10:45am Courtney J				