

Spinning® Class Schedule

| <u>Monday</u> | <u>Tuesday</u> | <u>Wednesday</u> | <u>Thursday</u> | <u>Friday</u> | <u>Saturday</u> | <u>Sunday</u> |
|------------------|--------------------------------|------------------|--------------------|----------------|-----------------|---|
| 5:45am Jen | 5:45am Amy | 12noon Lisa | 5:45am Kim | 5:45am Jen | 9:00am Kim | 9:30am (Spin/yoga) Victoria/Kim |
| 12noon Lisa | 9:30am Kim (Spin/Sculpt) | 6:00pm Jen | 9:30am Victoria | 12noon Lisa | | S. |
| 5:30pm Kim A. | 6:00pm Kim S. | | | | | |
| 6:30pm Stacey | | | | | | |

Group Fitness Classes

| <u>Monday</u> | <u>Tuesday</u> | <u>Wednesday</u> | <u>Thursday</u> | <u>Friday</u> | <u>Saturday</u> | <u>Sunday</u> |
|--|---|--|--|--|---|---------------|
| 9:30am - 10:30am Total Body Interval Kim | 9:30-10:30am Flow Yoga Lisa P. 11:00am SilverSneakers Margaret | 9:30-10:30am Total Body Interval Kim/Victoria 11:00am SilverSneakers Richard | 9:30-10:30am Yoga Lisa 11:00am SilverSneakers Margaret | 9:30- 10:30am Total Body Interval Victoria 11:00am Seniors' Fitness Varies | 8:15-8:45am TRX/Core & Abs Kim 9:00-9:45am Vinyasa Yoga lauren 10:00- 10:45am H.I.I.T. Carrie 11:00- 11:45am Flex-a-Ball Stacey | |
| 5:30-6:15pm Slow Flow Yoga Jen Marie | 5:45-6:30pm H.I.I.T. Jen 6:45-7:30pm Vinyasa Yoga Alice | 6:00-6:45pm Cardio/Core Carrie 6:45-7:30pm Pilates Keri | 5:45-6:30pm Ultimate Strength Jen/Kim S. 6:45-7:30pm Slow Flow Yoga Jen Marie | | | |
| 6:30-7pm Cardio Blast Kim S. | | | | | | |
| 7:05-7:35pm TRX Express Kim S. | | | | | | |