

# CLASS SCHEDULE

## Spinning Classes

<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		5:45am Kim	5:45am Jen	9:00am Kim	9:30am Victoria/Kim S.
12noon Lisa P.	9:30am Kim (Spin/Sculpt)	12noon Lisa	9:30am Victoria	12noon Lisa	10:00am Mark	
5:30pm Kim A.	6:00pm Kim S.	6:00pm Jen				
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>
8:00am SilverSneakers MSROM Richard		8:00am SilverSneakers MSROM Richard				
9:30-10:30am Total Body Interval Kim	9:30-10:30am Flow Yoga Lisa	9:30-10:30am Total Body Interval Kim/Victoria	9:30-10:30am Flow Yoga Lisa	9:30-10:30am Total Body Interval Victoria	8:15-8:45am TRX/Core & Abs Kim	
11:00am SilverSneakers MSROM Richard	11:00am SilverSneakers MSROM Margaret	11:00am SilverSneakers MSROM Richard	11:00am SilverSneakers MSROM Margaret	11:00am Seniors' Fitness Varies	9:00-9:45am Vinyasa Yoga Alice	
5:30-6:15pm Slow Flow Yoga Jen Marie	5:45-6:30pm H.I.I.T. Jen	5:45pm-6:30pm Cardio/Core Carrie	5:45-6:30pm Ultimate Strength Jen/Kim S.		10:00-10:45am H.I.I.T. Carrie	
6:30-7:00pm Cardio Blast Kim S.	6:45-7:30pm Vinyasa Yoga Alice	6:45-7:30pm Pilates Keri	6:45-7:30pm Slow Flow Yoga Jen Marie		11:00-11:45am Flex-a-Ball Stacey	
7:05-7:35pm TRX Express Kim S.						