


































GROUP EXERCISE SCHEDULE

WEEKDAY/TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
:15 – 8:00 am	 SILVER SNEAKERS (Jennifer May)		 SILVER SNEAKERS (Jennifer May)		 SILVER SNEAKERS (Jennifer May)
8:30 – 9:20 am	 (Brittany Fraser)	 (Brittany Fraser)	 (Brittany Fraser)	 (Brittany Fraser)	 (Brittany Fraser)
8:30 – 9:30 am	 Toning (in Aerobic Room) (Natalie Dickerson)	 RIPPED (in Aerobic Room) (Natalie Dickerson)	 Toning (in Aerobic Room) (Natalie Dickerson)	 STRONG by ZUMBA (in Aerobic Room) (Maegan Ramsey)	 Toning (in Aerobic Room) (Natalie Dickerson)
	 ZUMBA (in back classroom) (Tammy Jo Willmon)		 ZUMBA (in back classroom) (Tammy Jo Willmon)		 ZUMBA (in back classroom) (Tammy Jo Willmon)
9:00 – 10:00 am	 Circuit Training (in Women's only room) (Amy Jones)		 Circuit Training (in Women's only room) (Amy Jones)		 Circuit Training (in Women's only room) (Amy Jones)
9:30 – 10:30 am	 TBT Total Body Tabata™ (30 minutes) (Natalie Dickerson)	 ZUMBA gold (Hilda Sustaita)	 TBT Total Body Tabata™ (30 minutes) (Natalie Dickerson)	 ZUMBA gold (Hilda Sustaita)	 TBT Total Body Tabata™ (30 minutes) (Natalie Dickerson)
10:00 – 11:00 am					 YOGA (in back classroom) (April Stanbery)
10:15 – 11:00 am	 SILVER SNEAKERS (Jennifer May)		 SILVER SNEAKERS (Jennifer May)		 SILVER SNEAKERS (Jennifer May)
11:15 – 12:00 pm	 SILVER SNEAKERS (Jennifer May)	 YOGA (Jennifer May)	 SILVER SNEAKERS (Jennifer May)	 YOGA (Jennifer May)	 SILVER SNEAKERS (Jennifer May)
12:15 – 12:45 pm	 mashup (Jennifer May)		 mashup (Jennifer May)		 mashup (Jennifer May)
4:30 – 5:30 pm		 Cardio Blast (Jessica Chaney)		 Cardio Blast (Jessica Chaney)	
5:30 – 6:30 pm	 ZUMBA (Hilda Sustaita)	 STRONG by ZUMBA (Tammy Jo Willmon)	 ZUMBA (Hilda Sustaita)	 YOGA (in back classroom) (April Stanbery)	 STRONG by ZUMBA (in Aerobic Room) (Maegan Ramsey)

Classes will be cancelled on all major holidays unless notified by instructor.

Club Hours:	M-F	5:00am-10:00pm	Child Care Hours:	M-F	8:30am-10:45am
	Sat	7:00am-9:00pm		M-TH	4:30pm-7:30pm
	Sun	1:00pm-8:00pm			

updated :9/5/2017