



GROUP EXERCISE SCHEDULE

Outside Patio / Program Room 2

September 2020

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45-6:35 AM Group Cycle Kelley	5:40-6:30 AM Stationary Bootcamp Mallory	5:45-6:35 AM Cycle & Strength Kelley	5:40-6:30 AM Stationary Bootcamp Mallory	5:45-6:35 AM Group Cycle Donna	
6:50-7:40 AM Cycle & Strength Kelley	6:50 -7:45 AM Strength Train Together Mallory	6:50-7:40 AM Group Cycle Kelley	6:50 -7:45 AM Strength Train Together Mallory	6:50-7:40 AM Cycle & Strength Donna	
8:15-9:10 AM Strength Train Together Brooke	8:30-9:05 AM Stationary Bootcamp Krista	8:15-9:10 AM Strength Train Together Amy	8:30-9:05 AM Stationary Bootcamp Krista	8:10-9:05 AM AMPD Burn Melissa	8:00-8:50 AM POUND Melissa
9:30-10:25 AM POUND Melissa	9:30-10:25 AM Vinyasa Flow Meg	9:30-10:20 AM Strength & Conditioning 101 Amy <i>(class will be zoomed)</i>	9:30-10:15 AM Circuit 101 Amy	9:30-10:20 AM Vinyasa Flow Meg	9:30-10:25 AM Strength Train Together Rotating
10:45-11:30 AM Gentle Yoga Erin	10:45-11:20 AM SilverSneakers Stability Circuit Tasha <i>(class will be zoomed)</i>	10:45-11:30 Intro to Gyrokinesis Erin <i>(class will be zoomed)</i>	10:45-11:20 AM SilverSneakers Classic Tasha	10:45-11:40 AM Gentle Yoga Meg	
12:15-12:45 PM Express HIIT Krista					
	12:15-12:45 PM Express Cycle Jenny/Brooke		12:15-12:45 PM Express Cycle Donna		
4:45-5:40 PM Group Cycle Donna	4:45-5:15 PM Express HIIT Krista	4:45-5:40 PM Group Cycle Jenny/Brooke	4:45-5:15 PM Express Cycle Jenny/Brooke		
6:00-6:55 PM Vinyasa Flow Meg	5:30-6:25 PM Strength Train Together Krista	6:00-6:55 PM AMPD Kettlebells Melissa	5:30-6:25 PM Strength Train Together Jenny C		
	6:30-7:25 PM Zumba Veronica		6:30-7:25 PM Zumba Lynn		
= Outdoor Classes	= Indoor Classes				