

GROUP X SCHEDULE WINTER 2017



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning 5 o'clock hour	5:45 STEP & STRENGTH Judy		5:45 HIIT 60 Julie	5:45 STEP & STRENGTH Judy	5:45 HIIT 60 Julie		
7 o'clock hour	7:15 SENIOR CARDIO Kelley	7:00 YOGA Glen	7:15 PROGRESSIVE SENIOR STRENGTH Kelley		7:15 SENIOR CARDIO DANCE Judy		
8 o'clock hour	8:45 * CARDIO BLAST Julie	8:30 * CARDIO DANCE Dana	8:45 * ZUMBA® Lareina	8:30 * CARDIO DANCE Dana	8:45 * YOGA Leah	8:00 CARDIO DANCE Dana	
9 o'clock hour		9:35 * HIIT 60 Julie		9:35 * CORE & MORE Kelley		9:15* CARDIO BLAST/CORE& MORE Julie/Marianne	
10 o'clock hour	10:15 * SENIOR CARDIO STEP Judy	10:40 Δ ADVANCED SENIOR STRENGTH Kelley	10:15 * PROGRESSIVE SENIOR STRENGTH Judy	10:40 ΔADVANCED SENIOR STRENGTH Kelley	10:15 * PROGRESSIVE SENIOR STRENGTH Judy	10:30 ~TAI CHI	10:00 YOGA Verna & Kelley
12 o'clock hour	12:05 GROUP STRENGTH Wanly	12:05 PILATES MAT Hilary	12:05 BROGA® Jess	12:05 YOGA Glen			
Evening 5 o'clock hour	5:00 * 8 BARRE EXPRESS Hilary	5:00 * 8 TONING EXPRESS Judy					
5 o'clock hour	5:45 * ZUMBA® Robin	5:45 * STEP & ABS Judy	5:45 * ZUMBA® Robin	5:45 *TOTAL BODY CONDITIONING Kelley	5:45 *ZUMBA® Chelsea & Elisa		
7 o'clock hour							~ FOLK DANCING 7:15-10:00

CLUB HOURS		CHILDCARE HOURS		* Childcare Available Δ 1 ¼ hour class 8 30 minute class ~ Extra Fee Classes are one hour unless noted.
Monday-Thursday	5:00AM - 10:00PM	Monday- Friday	8:30-11:30AM	
Friday	5:00AM-10:00PM	Monday-Thursday	5:00-7:00PM	
Saturday	7:00AM - 7:00PM	Friday	5:30-7:00PM	
Sunday	8:00AM - 7:00PM	Th/F evening	by appointment	
		Saturday	9:00-11:00AM	