



# GROUP X SCHEDULE WINTER

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541.687.2200

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

CLUB HOURS		CHILDCARE HOURS		* Childcare Available Δ 1¼ hour class ⌘ 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	