

GROUP X SCHEDULE WINTER



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