

group fitness classes

weekly schedule

WHILE UNDER CONSTRUCTION



TIME	MONDAY 8/18	TUESDAY 8/19	WEDNESDAY 8/20	THURSDAY 8/21	FRIDAY 8/22	SATURDAY 8/23
6:15 AM			CYCLE - DECK Denise	CYCLE - DECK Denise		
7:15 AM		LIIT - GYM Sandy				
7:45 AM	LIIT - GYM Denise		LIIT - GYM Sandy		CYCLE STRENGTH DECK Denise	CYCLE DECK Denise
9:00 AM	CORE/BALANCE FLEXIBILITY GYM Sue	CORE/BALANCE FLEXIBILITY GYM Pandora	ZUMBA GYM Sue	CORE/BALANCE FLEXIBILITY GYM Sue	STRENGTH CONDITIONING ZONE Frank	SPORTS CONDITIONING GYM Kelly
10:10 AM	CARDIO/STRENGTH GYM Pandora	CARDIO/STRENGTH GYM Pandora	CARDIO/STRENGTH GYM Kimberly	STRENGTH CONDITIONING ZONE Frank	STRENGTH CONDITIONING ZONE Frank	
11:15 AM		55+ FITNESS GYM Nancy		55+ FITNESS ZONE Frank		

week of August 18 - 24