

group fitness classes weekly schedule

WHILE UNDER CONSTRUCTION



TIME	MONDAY 9/1	TUESDAY 9/2	WEDNESDAY 9/3	THURSDAY 9/4	FRIDAY 9/5	SATURDAY 9/6
6:15 AM			CYCLE - DECK Denise	CYCLE - DECK Denise		
7:15 AM		LIIT - DECK Sandy				
7:45 AM	LIIT - DECK Denise		LIIT - DECK Sandy		CYCLE STRENGTH DECK Nancy	CYCLE DECK Kristen
9:00 AM	CORE/BALANCE FLEXIBILITY DECK Sue	CORE/BALANCE FLEXIBILITY DECK Pandora	ZUMBA DECK Sue	CORE/BALANCE FLEXIBILITY DECK Sue	STRENGTH CONDITIONING DECK Frank	SPORTS CONDITIONING DECK Kris
10:10 AM	CARDIO/STRENGTH DECK Pandora	CARDIO/STRENGTH DECK Sue	CARDIO/STRENGTH DECK Kimberly	STRENGTH CONDITIONING DECK Frank	STRENGTH CONDITIONING DECK Frank	
11:15 AM		55+ FITNESS DECK Sue		55+ FITNESS DECK Frank		

week of September 1 - 7

group fitness classes

weekly schedule

WHILE UNDER CONSTRUCTION



TIME	MONDAY 9/8	TUESDAY 9/9	WEDNESDAY 9/10	THURSDAY 9/11	FRIDAY 9/12	SATURDAY 9/13
6:15 AM			CYCLE - DECK Denise	CYCLE - DECK Denise		
7:15 AM		LIIT - DECK Sandy				
7:45 AM	LIIT - DECK Denise		LIIT - DECK Sandy		CYCLE STRENGTH DECK Nancy	CYCLE DECK Kristen
9:00 AM	CORE/BALANCE FLEXIBILITY GYM Sue	CORE/BALANCE FLEXIBILITY GYM Pandora	ZUMBA GYM Lupe	CORE/BALANCE FLEXIBILITY GYM Nancy	STRENGTH CONDITIONING DECK Frank	SPORTS CONDITIONING GYM Kelly
10:10 AM	CARDIO/STRENGTH GYM Pandora	CARDIO/STRENGTH GYM Kris	CARDIO/STRENGTH GYM Kelly	STRENGTH CONDITIONING DECK Frank	STRENGTH CONDITIONING DECK Frank	
11:15 AM		55+ FITNESS GYM Nancy		55+ FITNESS DECK Frank		

week of September 7-13