



FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SEPTEMBER GROUP EXERCISE SCHEDULE

Group Studio

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
MORNING CLASSES						
8:05-8:55a Pilates (Plus) Emily	5:40-6:10a Bootcamp Express Colleen		5:40-6:10a Bootcamp Express Colleen		8:00-9:00a Cycle Bootcamp Jessica	
9:05-9:55a Body Sculpt Adria	6:15-7:00a Y Cycle Colleen	9:05-9:55a Body Sculpt Adria	6:15-7:00a Y Cycle Colleen	9:05-9:45a Metabolic Mash Adria	9:00-9:20a PiYo Live Express Jessica	
9:30-10:20a SilverSneakers Classic** Linda	9:00-9:50a Bootcamp Jessica	9:30-10:20 Strength and Stability** Emily	9:00-9:50a Bootcamp Jessica	9:30-10:20a Silver Sneakers Classic** Jessica	9:30-10:30a Kickboxing Della	
10:00-10:30a Interval Step Mo	10:00-10:30a PIYO Live Express Jessica		10:00-10:30a Ab Lab Express Jessica			
10:40-11:20a Silver Sneakers Orientation Linda	10:00-10:30a Tai Chi Express** Linda	10:30-11:30a Tai Chi** Linda				
10:40-11:30a Yogalates (Plus) Shari	10:40-11:30a SliverSneakers Circuit** Linda	10:40-11:30a Chair Yoga Shari	10:40-11:30a SliverSneakers Circuit** Jessica	10:40-11:20a Fitness After 50 Mo	10:40-11:30a Zumba Shelly/Denita	
EVENING CLASSES						
6:30 -7:20p Y Cycle Delinda	6:00-6:50p PIYO (Plus) Jessica	6:30-7:20p Power Y Cycle Adria	6:00-6:50p Cardio Kickboxing Della			2:00-3:00 Yoga (Plus) Alex
6:30 - 7:30p The Real You (Starts 9/11) Tyler	7:00-8:00p Strong by Zumba Shelly	6:30-7:30 The Real You (Starts 9/11) Tyler	7:00-7:50p TeamFit Melissa			
7:40 - 8:30p Bootcamp Tyler		7:30-8:20p Zumba Denita				

*Schedule is subject to change

