



# GROUP EXERCISE SCHEDULE – EVENING-APRIL

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>12:00 PM</b>	Silver Sneakers Boom Move It Vicki (GES) 12:45-1:15	Pickle Ball 12:00-2:00 Gym	Silver Sneakers Boom Move It Vicki (GES) 12:45-1:15			Zumba Renee (GES) 12:00-12:50	
<b>12:45 PM</b>							
<b>1:00 PM</b>	Silver Sneakers Boom Muscle Vicki (GES) 1:20-1:55		Silver Sneakers Boom Muscle Vicki (GES) 1:20-1:55			Barre Renee (GES) 1:00-1:50	
<b>1:20 PM</b>							
<b>4:00 PM</b>	Flexible Core Andrea (GES) 4:15-5:00	Getting Stronger Cindy (GES) 4:00-4:50	Flexible Core Andrea (GES) 4:15-5:00	Getting Stronger Cindy (GES) 4:00-4:50			
<b>4:15 PM</b>							
<b>5:00 PM</b>	Bootcamp Patrick (GES) 5:05-5:55	Hip Hop Nicole (GES) 5:00-5:50	Y Cycle Express Patrick 5:15-5:45	Zumba Roula (GES) 5:00-5:50	Lethal Arms/Below the Belt Renee (GES) 5:00-5:50		
<b>5:05 PM</b>							
<b>5:15 PM</b>	Compound Circuits Jan (GES) 6:00-6:50	Y Cycle Deb/Kim 6:00-6:50	Rebound Deb (GES) 6:00-6:50	Y Cycle Deb 6:00-6:50	Y Cycle Patrick/Mary 6:00-6:50		
<b>6:00 PM</b>	Y Cycle Mary/Ingrid 6:00-6:50	Step Deb/Cindy (GES) 6:00-6:50		Power Sculpt Andrea/Mary (GES) 6:00-6:50	Hip Hop Adrian (GES) 6:00-6:50		
<b>7:00 PM</b>	Cardio Combo Heather (GES) 7:00-7:50	Power Sculpt Deb/Cindy (GES) 7:00-7:50	Zumba Nicole (GES) 7:00-7:50	Step Dynamics Ann Marie (GES) 7:00-7:50			
<b>7:30 PM</b>							
<b>8:00 PM</b>	Core and More Mary (CR) 7:00-7:30			Hip Hop Heather (GES) 8:00-8:50			
	Intro to Step Mary (CR) 7:30-8:00						
	Hip Hop Heather (GES) 8:00-8:50						

\*CLASS LOCATIONS: GES – Group Exercise Room | CS – Cycle Studio | CR- Community Room \*Schedule is subject to change

