



# GROUP EXERCISE SCHEDULE – EVENING-DECEMBER

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