

As of January 2, 2018

MONDAY

INSANITY®	5:00-5:50 am (Jill)
Rise and Shine	5:00-5:50 am (Katie)
**Cardio Pulmonary Club	8:00-10:00 am (Candy)
Senior Balance	10:15-11:00 am (Candy)
PiYo™	12:15-12:45 pm (Trisha)
Basic Circuit Training	12:15-12:45 pm (Steve)
**Cardio Pulmonary Club	1:00-3:00 pm (Candy)
Equipment Circuit	3:15-4:00 pm (Candy)
Energizing Intervals	4:15-5:00 pm (Krista/Trisha)
Step/Fire!	5:15-6:00 pm (Laura)
Zumba®	6:00-7:00 pm (Paula)

TUESDAY

Core De Force™ LIVE!	5:15-6:00 am (Krista/Trisha)
Boot Camp	5:30-6:15 am (Candy, will start up in February)
**Cardio Pulmonary Club	8:00-12:00 am (Candy)
Basic Circuit Training	11:15-11:45 am (Steve)
Hi-Low Kickboxing	3:30-4:00 pm (Laura)
Step & Stretch	4:15-5:00 pm (Marney)
Zumba®/Dance Conditioning	5:30-6:30 pm (Paula)

WEDNESDAY

BodySHRED™	5:00-5:30 am (Jill)
INSANITY®	5:30-6:00 am (Krista)
**Cardio Pulmonary Club	8:00-10:00 am (Candy)
Senior Balance	10:15-11:00 am (Candy)
**Cardio Pulmonary Club	1:00-3:00 pm (Candy)
Zumba®	4:15-5:00 pm (Marney)
Hi-Low Kickboxing	5:15-6:00 pm (Laura)

THURSDAY

Strike Kickboxing	5:00-5:30 am (Jill)
Boot Camp	5:30-6:15 am (Krista)
**Cardio Pulmonary Club	8:00-12:00 am (Candy)
Senior Balance	9:00-9:45 am (Candy)
Basic Circuit Training	12:15-12:45 pm (Steve)
Strength Circuit	2:15-3:00 pm (Jake)
Core De Force™ LIVE!	5:15-6:00 pm (Krista/Trisha)

FRIDAY

INSANITY®	5:00-5:50 am (Jill)
Tabata	5:30-6:00 am (Krista)
**Cardio Pulmonary Club	8:00-10:00 am (Candy)
Basic Circuit Training	11:15-11:45 am (Steve)
Beyond BARRE	12:15-12:45 pm (Trisha)
**Cardio Pulmonary Club	1:00-3:00 pm (Candy)
Equipment Circuit	3:15-4:00 pm (Candy)

SATURDAY

Class Rotation (check whiteboard)	7:00-8:00 am (Krista/Trisha/Jill)
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**Cardio Pulmonary Club requires a referral from Cardiac Rehab

Group exercise class schedules are subject to change; check whiteboards for updates!

HOURS: Monday-Friday 5:00am-9:00pm; Saturday-Sunday 7:00am-2:00pm