



GROUP FITNESS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>8am to 8:45am Zumba w/ Adrian <i>(Lights out)</i></p> 	<p>8:30am to 9am Strength Circuit Orientation <i>Upstairs Lifefitness Circuit)</i></p> 	<p>8am to 8:45am Zumba w/ Adrian <i>(Lights out)</i></p> 	<p>8:30am to 9am Strength Circuit Orientation <i>Upstairs Lifefitness Circuit)</i></p> 	<p>8:30am to 9am Strength Circuit Orientation <i>(Upstairs Lifefitness Circuit)</i></p> 	<p>9:30am to 10:15am GLUTES CLASS <i>(studio)</i></p> 
<p>10am to 11am Chair YOGA <i>(Yoga Room)</i></p> <p>11am to 11:15am Chair Zumba <i>(Yoga Room)</i></p>	<p>10am to 11am Enhance Fitness Class <i>Don't Let Arthritis Stop you</i></p> 	<p>10am to 10:30am Active Older Adults WALKING CLUB</p> 	<p>10am to 11am Enhance Fitness Class <i>Don't Let Arthritis Stop you</i></p> 	<p>9am to 9:45am Strength Equipment Class</p>	<p>10am to 10:30am Active Older Adults WALKING CLUB</p> 
<p>5:30pm to 6:15pm GLUTES CLASS <i>(studio)</i></p> 	<p>4:30pm to 5:30pm Group Equipment Orientation</p> 	<p>6:30pm to 7:15pm ZUMBA <i>(studio) Lights out</i></p> 	<p>12:30pm to 1pm Active Adults Class <i>(upstairs circuit)</i></p> 	<p>10am to 11am Chair YOGA <i>(Yoga Room)</i></p>  <p>BALANCE FLEXIBILITY CHAIR YOGA</p>	<p>11:15pm to 12pm Cynthia's CAMP <i>(small gym)</i></p> <p>Bootcamp</p>
<p>6:30pm to 7:15pm ZUMBA <i>(studio) Lights out</i></p> 	<p>5:30pm to 6:15pm ZUMBA</p> 	<p>5:30pm to 6:15pm ZUMBA TONING</p> 	<p>5:30pm to 6:15pm ZUMBA</p> 		
<p>7:15pm to 8pm BOXING CARDIO <i>(SMALL GYM)</i></p> <p>7:15pm to 8pm YOGA <i>(YOGA Room)</i></p>	<p>6:30pm to 7:15pm ZUMBA <i>(studio) Lights out</i></p> 	<p>7:15pm to 8pm BOXING CARDIO <i>(SMALL GYM)</i></p> <p>7:15pm to 8pm YOGA <i>(YOGA Room)</i></p>	<p>6:30pm to 7:15pm ZUMBA <i>(studio) Lights out</i></p> 	<p>5pm to 6pm Youth Strength Champions <i>(Equipment orientation for youth AGES 10-14)</i></p> 	<p>11:30am to 12:15pm Group Equipment Orientation</p> 
<p>7:15pm to 8pm BOXING CARDIO <i>(SMALL GYM)</i></p> <p>7:15pm to 8pm YOGA <i>(YOGA Room)</i></p>	<p>7:20pm to 8:15pm Youth Dance <i>Ages 7-11 This class has a FEE</i></p> 	<p>7:25pm to 8:10pm Spin <i>(studio)</i></p> 		<p>7:15pm to 8:15pm Youth Dance <i>Ages 7-11 This class has a FEE</i></p> 	<p>12pm to 12:45pm ZUMBA Toning</p> 
<p>7:25pm to 8:10pm Spin <i>(studio)</i></p> 	<p>7:15pm to 8pm Cynthia's CAMP <i>(small gym)</i></p> <p>Bootcamp</p>	<p>8:30pm to 9pm Cynthia's CAMP <i>(small gym)</i></p> <p>Bootcamp</p>	<p>7:15pm to 8pm Cynthia's CAMP <i>(small gym)</i></p> <p>Bootcamp</p>	<p>7pm to 8pm Group Equipment Orientation</p> 	