



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FIVE POINTS BRANCH SUMMER GROUP EXERCISE SCHEDULE

SUMMER 2017

**JUNE 19th –
SEPTEMBER 3RD**

All classes are
45 minutes
unless noted:
* = 60 min.

Group Exercise
classes are
FREE for
Full Members.

**Schedule may
be subject to
change due to
weather and
summer camp**

Updated
6/14/17

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		7:00am Deepak Chopra Yoga* Donna V. Studio				
	8:00am Enhance Fitness* Linda Studio		8:00am AOA Fitness Linda Gym	7:15 am Tai Chi Linda Gym	8:00am Enhance Fitness* Linda Studio	8:00am Sunrise Yoga* Lisa G Studio
		8:30am Arthritis Program * Linda Gym		8:30am Arthritis Program * Linda Gym		
	7:30pm Zumba Paola Studio			6:15pm Barre Fitness Shaheeda Studio	6:45pm Family Zumba Beth Studio	
				7:15pm H.I.I.T. Mike Studio		

WATER EXERCISE	Monday	Tuesday	Wednesday	Thursday	Friday
Gentle Exercise	8:35 am		8:35 am		8:35 am
Deep Water	7:45 am		7:45 am		7:45 am
Hydro health		8:45 am		8:45 am	
Aqua Zumba	8:05 pm		7:45pm		