



# GROUP X

## AUGUST 2022

### CURRENT SAFETY PROCEDURES

- Must wipe down all class equipment before and after use.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15am	<b>BIKING</b> (Veronica) 5:15-6:00am	<b>KETTLEBELL</b> (Angela) 5:15-6:00am	<b>BIKING</b> (Veronica) 5:15-6:00am	<b>KETTLEBELL</b> (Angela) 5:15-6:00am	<b>BIKING</b> (Angela) 5:15-6:00am		
8:15am						<b>ZUMBA</b> (Mayra) 8:15-9:15am	
8:30am	<b>ZUMBA-TONING</b> (Susy) 8:30-9:15am	<b>ZUMBABASIC</b> (Susy) 8:30-9:15am	<b>ZUMBASENTAO</b> (Susy) 8:30-9:15am	<b>ZUMBABASIC</b> (Susy) 8:30-9:15am	<b>ZUMBATONING</b> (Susy) 8:30-9:15am		
	<b>BIKING</b> (Rosalinda) 8:30-10:00am (Abs at end)	<b>ZUMBA</b> (Rosalinda) 8:30-9:15am	<b>BIKING</b> (Rosalinda) 8:30-9:30am	<b>ZUMBA</b> (Rosalinda) 8:30-9:15am	<b>STRONG</b> (Rosalinda) 8:30-9:30am	<b>BIKING</b> (instructor rotation) 8:30-9:30am	
9:30am	<b>SILVERSNEAKERS CARDIOFIT</b> (Laura) 9:30-10:30am	<b>BODYPUMP</b> (Rosalinda) 9:30-10:30am	<b>SILVERSNEAKERS CARDIOFIT</b> (Laura) 9:30-10:30am	<b>BODYPUMP</b> (Rosalinda) 9:30-10:30am	<b>SILVERSNEAKERS MSROM CHAIR YOGA</b> 10am-10:30am (Gloria)	<b>BODYPUMP</b> (Stasha) 9:30-10:30am	
10:00am	<b>YOGA</b> (Anna) 10:00-11:00am		<b>YOGA</b> (Rosalinda) 10:00-11:00am		<b>YOGA</b> (Anna) 10:00-11:00am		
12:10pm	<b>KETTLEBELL</b> (Kristie) 12:10-12:50pm	<b>SOULFUSSION/ PIYO</b> (Kristie) 12:10-12:50pm	<b>KETTLEBELL</b> (Kristie) 12:10-12:50pm	<b>SOULFUSSION/ PIYO</b> (Kristie) 12:10-12:50pm			
1:30pm							<b>INSPIRATIONAL BIKING</b> (Veronica) 1:30-2:30pm
5:30pm	<b>BIKING</b> (Megan) 5:30-6:15pm	<b>BIKING</b> (Lupe) 5:30-6:15pm	<b>BIKING</b> (Laura) 5:30-6:15pm	<b>BIKING</b> (Angela or Dan) 5:30-6:15pm			<b>ZUMBA</b> (Keir) 2:15-3:00pm
	<b>ZUMBA</b> (Alicia) 5:30-6:15pm	<b>BODYPUMP</b> (Stasha) 5:30-6:30pm	<b>ZUMBA</b> (Alicia) 5:30-6:15pm	<b>BODYPUMP</b> (Stasha) 5:30-6:30pm	<b>ZUMBA</b> (Keir) 5:30-6:15pm		
	<b>KICKBOXING</b> (Jill) 5:30-6:15pm	<b>TOTAL BODY BURN</b> (Jill) 5:30-6:15pm	<b>CORE</b> (Rosalinda) 5:30-6:15pm	<b>TOTAL BODY BURN</b> (Jill) 5:30-6:15pm			
	<b>ZUMBA KIDS</b> (Susy) 5:30-6:15pm	<b>POUND KIDS</b> (Juana) 5:30-6:15pm	<b>ZUMBA KIDS</b> (Susy) 5:30-6:15pm	<b>POUND KIDS</b> (Juana) 5:30-6:15pm			
6:30pm	<b>BIKING</b> (Dan) 6:30-7:15pm			<b>BIKING</b> (Lupe) 6:30-7:15pm			
		<b>ZUMBATONING</b> (Mayra) 6:35-7:15pm		<b>ZUMBA</b> (Mayra) 6:35-7:15pm			
	<b>POUND</b> (Jill) 6:30-7:15pm	<b>KETTLEBELL</b> (Mario) 6:30-7:30pm	<b>POUND</b> (Jill) 6:30-7:15pm	<b>KETTLEBELL</b> (Mario) 6:30-7:30pm			

Spin Room   
 Aerobics Room A   
 Aerobics Room B   
 Multipurpose Room B/Upstairs