

# GROUP EXERCISE SCHEDULE

## MAY 2024



	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		
8:30am	<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>ZUMBA-TONING</b> (Susy) 8:30-9:15am	<b>BIKING</b> (instructor) 8:30-9:30am	
	<b>BIKING</b> (Rosalinda) 8:30-9:15am	<b>STRONG</b> (Rosalinda) 8:30-9:15am	<b>BIKING</b> (Rosalinda) 8:30-9:15am	<b>STRONG</b> (Rosalinda) 8:30-9:15am	<b>KETTLEBELL</b> (Mike) 8:30-9:05am		
					<b>BIKING</b> (Sabrina) 8:30-9:30am <i>Starts May 10th</i>		
9:00am	<b>YOGA</b> (Jenna) 9:00-10:00am						
9:15am					<b>LES MILLS CORE</b> (Rosalinda) 9:15-9:45am		
9:30am	<b>SILVERSNEAKERS CARDIOFIT</b> (Laura) 9:30-10:30am	<b>BODYPUMP</b> (Rosalinda) 9:35-10:35am	<b>SILVERSNEAKERS CARDIOFIT</b> (Laura) 9:30-10:30am	<b>BODYPUMP</b> (Rosalinda) 9:35-10:35am	<b>SILVERSNEAKERS MSROM</b> 9:30-10:00am <b>CHAIR YOGA</b> 10am-10:30am (Gloria )	<b>POUND</b> (Jill) 9:30-10:30am	
10:00am	<b>LES MILLS CORE</b> (Rosalinda) 10:00-10:30am	<b>YOGA/FLUID</b> (Shelly) 10:00-11:00am	<b>YOGA</b> (Rosalinda) 10:00-11:00am		<b>YOGA</b> (Stasha) 10:00-11:00am		
12:10pm	<b>KETTLEBELL</b> (Kristie) 12:10-12:50pm	<b>LES MILLS CORE</b> (Kristie) 12:10-12:40pm	<b>KETTLEBELL</b> (Kristie) 12:10-12:50pm	<b>LES MILLS CORE</b> (Kristie) 12:10-12:40pm			
5:30pm	<b>BIKING</b> (Megan) 5:30-6:15pm	<b>BIKING</b> (Dan) 5:30-6:15pm	<b>BIKING</b> (Laura) 5:30-6:15pm	<b>BIKING</b> (Dan or Angela) 5:30-6:15pm			
	<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>LES MILLS CORE</b> (Stasha) 5:30-6:15pm	<b>KETTLEBELL</b> (Mike) 5:30-6:05pm		<b>GLUTE SALUTE</b> (Syndal) 5:30-6:15pm			
			<b>YOGA</b> (Stasha) 5:30-6:30pm	<b>YOGA</b> (Jenna) 5:30-6:30pm			
	<b>ZUMBA KIDS</b> (Gloria) 5:30-6:15pm	<b>POUND KIDS</b> (Juana) 5:30-6:15pm	<b>ZUMBA KIDS</b> (Gloria) 5:30-6:15pm	<b>POUND KIDS</b> (Juana) 5:30-6:15pm			
6:15pm		<b>LES MILLS CORE</b> (Mike) 6:15-6:45pm					
6:30pm	<b>KETTLEBELL</b> (Mike) 6:30-7:15pm	<b>ZUMBATONING</b> (Mayra) 6:35-7:15pm	<b>KETTLEBELL</b> (Mike) 6:30-7:15pm	<b>KETTLEBELL</b> (Mario) 6:30-7:15pm			
				<b>BIKING</b> (Lupe) 6:30-7:15pm			
				<b>ZUMBA</b> (Daphene) 6:30-7:15pm <i>Starts May 9th</i>			

Spin Room ■

Aerobics Room A ■

Aerobics Room B ■

Multipurpose Room B/Upstairs ■

Multipurpose Room A/Upstairs ■

**SAFETY PROCEDURES:**  
Must wipe down all class equipment before and after use.