

GROUP EXERCISE SCHEDULE

JULY 2024



| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---------|--|---|--|---|--|--|--|
| 5:15am | BIKING (Veronica) 5:15-6:00am | KETTLEBELL (Angela) 5:15-6:00am | BIKING (Veronica) 5:15-6:00am | KETTLEBELL (Angela) 5:15-6:00am | BIKING (Angela) 5:15-6:00am | | |
| 8:30am | ZUMBA-TONING (Susy) 8:30-9:15am | ZUMBABASIC (Susy) 8:30-9:15am | ZUMBASENTAO (Susy) 8:30-9:15am | ZUMBABASIC (Susy) 8:30-9:15am | ZUMBA-TONING (Susy) 8:30-9:15am | BIKING (instructor) 8:30-9:30am | |
| | BIKING (Rosalinda) 8:30-9:15am | STRONG (Rosalinda) 8:30-9:15am | BIKING (Rosalinda) 8:30-9:15am | STRONG (Rosalinda) 8:30-9:15am | KETTLEBELL (Mike) 8:30-9:05am | | |
| | | | | | BIKING (Sabrina) 8:30-9:30am | | |
| 9:00am | YOGA (Jenna) 9:00-10:00am | | | | | | |
| 9:15am | | | | | LES MILLS CORE (Rosalinda) 9:15-9:45am | | |
| 9:30am | SILVERSNEAKERS CARDIOFIT (Laura) 9:30-10:30am | BODYPUMP (Rosalinda) 9:35-10:35am | SILVERSNEAKERS CARDIOFIT (Laura) 9:30-10:30am | BODYPUMP (Rosalinda) 9:35-10:35am | SILVERSNEAKERS MSROM 9:30-10:00am CHAIR YOGA 10am-10:30am (Gloria) | POUND (Jill) 9:30-10:30am | |
| 10:00am | LES MILLS CORE (Rosalinda) 10:00-10:30am | | YOGA (Rosalinda) 10:00-11:00am | | YOGA (Stasha) 10:00-11:00am | | |
| 12:10pm | KETTLEBELL (Kristie) 12:10-12:50pm | LES MILLS CORE (Kristie) 12:10-12:40pm | KETTLEBELL (Kristie) 12:10-12:50pm | LES MILLS CORE (Kristie) 12:10-12:40pm | | | |
| 3:45pm | | | | | | | ZUMBA (Daphene) 3:45-4:30pm |
| 5:30pm | BIKING (Megan) 5:30-6:15pm | BIKING (Sabrina/Dan) 5:30-6:15pm | BIKING (Laura) 5:30-6:15pm | BIKING (Dan/Angela) 5:30-6:15pm | | | |
| | ZUMBA (Alicia) 5:30-6:15pm | BODYPUMP (Stasha) 5:30-6:30pm | ZUMBA (Alicia) 5:30-6:15pm | BODYPUMP (Stasha) 5:30-6:30pm | ZUMBA (Keir) 5:30-6:15pm | | |
| | LES MILLS CORE (Stasha) 5:30-6:15pm | KETTLEBELL (Mike) 5:30-6:05pm | YOGA (Stasha) 5:30-6:30pm | YOGA (Jenna) 5:30-6:30pm | | | |
| | ZUMBA KIDS (Gloria) 5:30-6:15pm | POUND KIDS (Juana) 5:30-6:15pm | ZUMBA KIDS (Gloria) 5:30-6:15pm | POUND KIDS (Juana) 5:30-6:15pm | | | |
| 6:15pm | | LES MILLS CORE (Mike) 6:15-6:45pm | | | | | |
| 6:30pm | KETTLEBELL (Mike) 6:30-7:15pm | ZUMBATONING (Mayra) 6:35-7:15pm | KETTLEBELL (Mike) 6:30-7:15pm | KETTLEBELL (Mario) 6:30-7:15pm | | | |
| | | | | BIKING (Lupe) 6:30-7:15pm | | | |
| | | | | ZUMBA (Daphene) 6:30-7:15pm | | | |

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.