

GROUP EXERCISE SCHEDULE JANUARY 2025



	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	BIKING (Sabrina) 8:30-9:30am		
9:00am	YOGA (Jenna) 9:00-10:00am						
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)		
10:00am	LES MILLS CORE (Rosalinda) 10:00-10:30am		YOGA (Rosalinda) 10:00-11:00am		YOGA (Jenna) 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) 5:30-6:15pm	BIKING (Laura) 5:30-6:15pm	BIKING (Sabrina/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			
	KETTLEBELL (Stasha) 5:30-6:15pm			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			
6:30pm	LES MILLS CORE () 6:30-7:15pm		LES MILLS CORE (Stasha) 6:30-7:15	KETTLEBELL (Mario) 6:30-7:15pm			
		ZUMBATONING (Keir) 6:35-7:15pm		ZUMBA (Daphene) 6:30-7:15pm			

Spin Room ■

Aerobics Room A ■

Aerobics Room B ■

Teen Room/Upstairs ■

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