



GROUP FITNESS SCHEDULE - Winter II - February 27 - April 21

All class times subject to change



Time/Days	Monday	Tuesday	Wednesday	Thursday	Friday
5:15 - 6:00		Group Cycling LL (Ann)		Group Cycling LL (Ann)	
		Blast the Fat MPR (Wendy)		Blast the Fat MPR (Wendy)	
5:30 - 6:15	Group Cycling LL (Ron)		Group Cycling LL (Ron)		Group Cycling LL (Ron)
	Step Challenge MPR (Rose)		Step Challenge MPR (Rose)		Step Challenge MPR (Rose)
6:15 - 6:30	Ab Blast MPR (Rose)		Ab Blast MPR (Rose)		Ab Blast MPR (Rose)
7:00 - 7:30					Stretch MPR (Jeff)
7:00 - 7:45	Stretch MPR (Kathy)		Stretch MPR (Kathy)		
8:00 - 8:45	Get Up and Go LL (Cindy)		Get Up and Go LL (Cindy)		
8:00 - 9:15	Cardio Chisel MPR (Teri)		Cardio Chisel MPR (Teri)		Cardio Chisel MPR (Teri)
8:15 - 9:00	Aqua Exercise Pool (Becky)	Aqua Jog Pool (Janice)	Aqua Exercise Pool (Becky)	Aqua Jog Pool (Janice)	Aqua Exercise Pool (Marilyn)
9:00 - 9:45	Basic Step Main Gym (Cindy)				
9:00 - 10:00		Fit for Life MPR (Teresa)		Fit for Life MPR (Cindy)	
9:30 - 10:00		Intro to Cycling LL (Jennifer)			
9:30 - 10:15	SilverSneakers Cardio MPR (Teresa)		SilverSneakers Cardio MPR (Teresa)		
	Group Cycling LL (Leann)		Group Cycling LL (Leann)		Group Cycling LL (Jennifer)
10:15 - 11:15		Yoga MPR (Nancy)		Yoga MPR (Nancy)	
10:30 - 11:15	SilverSneakers 1 MPR (Teresa)		SilverSneakers 1 MPR (Teresa)		Gentle Stretch MPR (Teresa)
12:15 - 12:45					Intro to Cycling LL (Jennifer)
2:00 - 2:45	Wet Workout Pool (Deb)		Wet Workout Pool (Deb)		
4:30 - 5:15		Pilates Plus MPR (Dana)		Pilates Plus MPR (Dana)	
5:15 - 6:00		Wet Workout Pool (Deb)		Wet Workout Pool (Deb)	
5:30 - 6:15	Aquarobics Pool (Dovie)	Body Workshop MPR (Rose)	Aqua Kickboxing Pool (Hilary)	Body Workshop MPR (Rose)	
	Group Cycling LL (Neal)	Group Cycling LL (Colleen)	Group Cycling LL (Neal)	Group Cycling LL (Colleen)	
			Step Challenge MPR (Rose)		
6:00 - 7:00	Yoga MPR (Jenny)				
6:15 - 7:00		Zumba Dance MPR (Tina)			
6:30 - 7:30	Aqua Sizzle Pool (Kenji)			Yoga MPR (Chris)	