

NOVEMBER / DECEMBER GROUP EXERCISE CLASSES



MONDAY

7:00am
Yoga Flow w/Jae'Lynn
9:00am
Triple A's w/Robin
10:00am
Zumba Gold w/ Genia
4:30pm
Spin & Sculpt w/Jennie
5:30pm
Interval Training w/Lynn
(Track)
6:00pm
Power Hour w/Emily

TUESDAY

6:00am
Spinning for Legs w/Diedre
8:00am
Tabata w/Julie
9:00am
Kettlebells w/Micki
10:00am
Zumba Gold w/Jacqui
5:00pm
Spin w/Sue B
5:30pm
Body Blast w/Theresa
(Racquet Ball Court)
6:00pm
Cardio Challenge w/Jennie

WEDNESDAY

8:00am
Barre w/Julie
9:00am
Body Shred w/Julie
10am
Active Aging w/Robin
5:00pm
Yoga Sculpt w/Ellen
6:00pm
Lift & Power Flow w/Jennie

THURSDAY

6:00am
Cycle w/Deidre
7:00am
Gentle Yoga w/Jae'Lynn
8:00am
Ride & Shine w/Julie
9:00am
Stretch Zone w/Julie
10:00am
Low Impact w/Victor
5:00pm
Zumba w/Rayana
6:00pm
Power Hour w/Emily

FRIDAY

8:00am
Circuit Shred w/Dyana
9:00am
Butt & Gut w/Micki
10:15am
Cardio Drum w/Robin
11:15am
Active Aging w/Robin

SATURDAY

8:00am
Spin w/Sue B
9:00am
Vinyasa Flow w/Jae'Lynn
9:00am
Interval Training w/Edyta
(Track)
10:00am
Zumba w/Jessica

SUNDAY

7:30am
Spin-tervals w/Deidre
9:30am
Cardio Strength
w/Robin
10:30am
Yoga Flow w/Ellen

Reservations Required

