



Group Fitness Schedule

Effective December 1, 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		SPIN Melissa 6:15-7:00am		POWER PUMP Heather 5:45-6:45am	TBC Heather 5:45-6:45am (Gym)	
	STRONG & STABLE Lesley 8:30-9:30am		STRONG & STABLE Lesley 8:30-9:30am		STRONG & STABLE Lesley 8:30-9:30am (Gym)	
	TBC Tina 9:15-10:15am (Gym)	ZUMBA Cindy 9:15-10:15am (Gym)	TBC-HIIT Tina 9:15-10:15am (Gym)	ZUMBA Adriane 9:15-10:15am (Gym)	DANCE JAM Patti 9:15-10:15am	
				YOGA Michal 9:30-10:45am		ZUMBA Cindy 9:30-10:30am (Gym)
	GENTLE YOGA Debi 10:30-11:30am	POP PILATES Adriane 10:30-11:30am	STEP & PUMP Cindy 10:30-11:30am		POWER PUMP Cindy 10:30-11:30am	STRETCH & RECOVERY Cindy 10:45-11:30am
	POWER PUMP Heather 5:30-6:30pm	BARRE/YOGA Patti 5:30-6:30pm	ZUMBA Maria/Natasha 5:30-6:30pm	SPIN Melissa 5:30-6:15pm		