

FITNESS CLASS SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<u>Spin & Sculpt</u> 5am-6am MARK	<u>Marks Gauntlet</u> 5am-6am MARK	<u>Circuit</u> 5am-6am MARK	<u>Boxing & Conditioning</u> 5am-6am KEITH		
	<u>Cycle Fit</u> 6am-7am STEVE		<u>Cycle Fit</u> 6am-7am STEVE		<u>Cycle Fit</u> 6am-7am GINA	<u>Cycle Fit</u> 7:30-8:30am STEVE/TIFF/DAVE
		<u>Senior Balance & Stability</u> <i>Level 1</i> 8:30-9:30am JEFF		<u>Senior Balance & Stability</u> <i>Level 1</i> 9am-10am JEFF & JON		
	<u>Senior Balance & Stability</u> <i>Level 2</i> 10am-11am JEFF & DENNIS	<u>Gentle Yoga</u> 9:30am-10:30am LAURA	<u>Functional</u> 10:15am-11am JON	<u>Zumba Gold</u> 10:05-10:50am CAROL		
	<u>Zumba Gold</u> <u>Toning</u> 11:05-11:50am CAROL	<u>Zumba Gold</u> 10:35am-11:35am LAURA	<u>Zumba Gold</u> <u>Toning</u> 11:05-11:50am CAROL			
		<u>Core Fitness</u> 12-1pm ZACH		<u>Mobility & Stability</u> <i>Level 2</i> 12pm-1pm DENNIS	<u>Core Fitness</u> 12pm-1pm ZACH	
			<u>Core Fitness</u> 7pm-8pm ZACH			

Update:

January 2020