



GROUP FITNESS SCHEDULE 2023

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:15-9:10A.M.						POUND WITH CHRIS
8:30-9:25A.M.	TABATA W/BETTY	STEP IT UP WITH ANN	CARDIO HIP HOP WITH ANN	BASIC STEP~TONE WITH NANCY	RIPPED WITH ANNE & BETTY	
9:15A.M.-10:10A.M.						ZUMBA® w/Mavis
9:30-10:00AM				KILLER ABS WITH NANCY		
9:30-10:25A.M.	PILATES WITH MARLENE		THE BLEND WITH ANNE & BETTY		GENTLE YOGA WITH TIFFANY	
10:15AM-11:00AM		SilverSneakers® MSROM WITH MAVIS		SilverSneakers® MSROM WITH BRYAN		PILATES WITH JANET
11:15AM-12:00PM	SilverSneakers® MSROM WITH ANN	PILATES WITH JANET	SilverSneakers® MSROM WITH AUTUMN	PILATES WITH JANET	SilverSneakers® MSROM WITH BRETT	
12:10 PM			MID-DAY YOGA WITH TIFFANY			
4:30-5:25.M.	PILATES WITH JANET	ZUMBA® w/Mavis		ZUMBA® w/Mavis		
5:00-5:50PM					R.I.P.P.E.D.® WITH MAVIS	
5:30-6:25P.M.	CARDIO HIP HOP WITH ANN	R.I.P.P.E.D.® WITH BETTY	PIYO WITH CHRIS	KETTLEBELL AMPD WITH ANN & RAMEY		
6:30-7:25PM	TURBO KICK WITH CHRIS	CARDIO DRUMMING WITH KRYSTAL	BODY BEATZ WITH KRYSTAL			
				REVISED ON 11/16/2023		

*Indicates an additional fee is required to participate in this class.