

GROUP FITNESS SCHEDULE 2024

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		
9:30-10:10AM	PILATES WITH MARLENE					
9:30-10:25A.M.			THE BLEND WITH ANNE & BETTY		GENTLE YOGA WITH TIFFANY	
10:15AM-11:00AM	<i>SilverSneakers® Balance & Stability with Theresa</i>	<i>SilverSneakers® MSROM WITH MAVIS</i>		<i>SilverSneakers® MSROM WITH BRYAN</i>		PILATES WITH JANET
11:15AM-12:00PM	<i>SilverSneakers® MSROM WITH ANN</i>	PILATES WITH JANET	<i>SilverSneakers® MSROM WITH AUTUMN</i>	PILATES WITH JANET	<i>SilverSneakers® MSROM WITH BRETT</i>	
4:30-5:25.M.	PILATES WITH JANET	ZUMBA® w/Mavis		ZUMBA® w/Mavis		
5:30-6:25P.M.	CARDIO HIP HOP WITH ANN	R.I.P.P.E.D.® WITH ANN	POUND WITH CHRIS	KETTLEBELL AMPD WITH ANN & RAMEY		
6:30-7:25PM		CARDIO DRUMMING WITH KRYSTAL & JENNIFER	CARDIO DRUMMING WITH KRYSTAL & JENNIFER			
				REVISED ON 2/19/2024		

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