

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®</i> Balance & Stability with Theresa | <i>SilverSneakers®</i> MSROM WITH MAVIS | | <i>SilverSneakers®</i> MSROM WITH BRYAN | | PILATES WITH JANET |
| 11:15AM-12:00PM | <i>SilverSneakers®</i> MSROM WITH ANN | PILATES WITH JANET | <i>SilverSneakers®</i> MSROM WITH AUTUMN | PILATES WITH JANET | <i>SilverSneakers®</i> MSROM WITH BRETT | |
| 4:30-5:25.M. | PILATES WITH JANET | ZUMBA® w/Mavis | | ZUMBA® w/Mavis | | |
| 5:30-6:25P.M. | CARDIO HIP HOP WITH ANN & DAMEY | R.I.P.P.E.D.® | POUND WITH CHRIS | KETTLEBELL AMPD WITH ANN | | |
| 6:30-7:25PM | CARDIO DRUMMING WITH KRYSTAL | CARDIO DRUMMING WITH KRYSTAL | BODY BEATZ WITH KRYSTAL | TOTALLY TONED WITH SARAH | | |
| | | | | REVISED ON 6/5/2024 | | |

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