

GROUP FITNESS SCHEDULE 2024

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:15-9:10A.M.						<i>POUND WITH CHRIS</i>
8:30-9:25A.M.	<i>TABATA W/BETTY</i>	STEP IT UP WITH ANN	CARDIO HIP HOP WITH ANN	BASIC STEP~TONE WITH NANCY	<i>RIPPED WITH ANNE & BETTY</i>	
9:15A.M.-10:10A.M.						ZUMBA® w/Mavis
9:30-10:00AM				KILLER ABS WITH NANCY		
9:30-10:10AM	<i>PILATES WITH MARLENE</i>					
9:30-10:25A.M.			THE BLEND WITH ANNE & BETTY		<i>POWER FLOW YOGA WITH RACHEL</i>	
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 & RAMEY	R.I.P.P.E.D.®	POUND WITH CHRIS	KETTLEBELL AMPD WITH ANN		
6:30-7:25PM	<i>CARDIO DRUMMING WITH KRYSTAL</i>	<i>CARDIO DRUMMING WITH KRYSTAL</i>	<i>BODY BEATZ WITH KRYSTAL</i>	<i>TOTALLY TONED WITH SARAH</i>		
				REVISED ON 9/09/2024		

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