

## GROUP FITNESS SCHEDULE 2025

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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	
9:00-10:00A.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		POWER FLOW YOGA WITH RACHEL	
10:00-10:45A.M.						PILATES WITH JANET
10:15AM-11:00AM	SilverSneakers® Balance & Stability with Theresa	SilverSneakers® MSROM WITH MAVIS		SilverSneakers® MSROM WITH BRYAN		
11:15AM-12:00PM	SilverSneakers® MSROM WITH ANN	PILATES WITH JANET	SilverSneakers® MSROM WITH AUTUMN	PILATES WITH JANET	SilverSneakers® 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 & DAMEV	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 12/9/2024		

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