

## GROUP FITNESS SCHEDULE 2025

<i>TIME</i>	<i>MONDAY</i>	<i>TUESDAY</i>	<i>WEDNESDAY</i>	<i>THURSDAY</i>	<i>FRIDAY</i>	<i>SATURDAY</i>
8:30-9:25A.M.	<b>TABATA WITH BETTY &amp; ANNE</b>	<b>STEP IT UP WITH ANN</b>	<b>CARDIO HIP HOP WITH ANN</b>	<b>BASIC STEP-TONE WITH NANCY</b>	<b>RIPPED WITH ANNE &amp; BETTY</b>	
9:00-9:55A.M.						<b>ZUMBA® w/Mavis</b>
9:30-10:00AM				<b>KILLER ABS WITH NANCY</b>		
9:30-10:10AM	<b>PILATES WITH MARLENE</b>					
9:30-10:25A.M.			<b>THE BLEND WITH ANNE &amp; BETTY</b>		<b>POWER FLOW YOGA WITH RACHEL</b>	
10:00-10:45A.M.						<b>PILATES WITH JANET</b>
10:15AM-11:00AM	<i>SilverSneakers®</i> <b>Balance &amp; Stability with THERESA</b>	<i>SilverSneakers®</i> <b>MSROM WITH THERESA</b>		<i>SilverSneakers®</i> <b>MSROM WITH BRYAN</b>		
11:15AM-12:00PM	<i>SilverSneakers®</i> <b>MSROM WITH ANN</b>	<b>PILATES WITH JANET</b>	<i>SilverSneakers®</i> <b>MSROM WITH AUTUMN</b>	<b>PILATES WITH JANET</b>	<i>SilverSneakers®</i> <b>MSROM WITH BRETT</b>	
4:30-5:25M.	<b>PILATES WITH JANET (4:30-5:10pm)</b>	<b>ZUMBA® w/Mavis</b>		<b>ZUMBA® w/Mavis</b>		
5:30-6:25M.	<b>CARDIO HIP HOP WITH ANN &amp; DAMEV</b>	<b>BARRE BURN WITH THERESA &amp; AUTUMN</b>		<b>KETTLEBELL AMPD WITH ANN</b>		
6:30-7:25PM	<b>CARDIO DRUMMING WITH KRYSTAL</b>	<b>CARDIO DRUMMING WITH KRYSTAL</b>	<b>BODY BEATZ WITH KRYSTAL</b>	<b>TOTALLY TONED WITH SARAH</b>		
				<b>REVISED ON 6/18/25</b>		

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