

GROUP FITNESS SCHEDULE

GROUP FITNESS STUDIO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:50-8:30A Strong HIIT JAN	7:45-8:30A Zumba JULIE	7:50-8:30A Strong HIIT TAMMIE	7:45-8:30A Zumba JULIE	7:50-8:30A Strong HIIT TAMMIE	
8:45-9:30A Zumba JULIE	8:45-9:30A Pilates + Strength Fusion JOAN	8:45-9:30A Zumba JULIE	8:45-9:30A Pilates + Strength Fusion JOAN		8:30-9:15A Cardio Pump CAROLYN
9:45-10:30A Zumba Lite JULIE	9:45-10:30A Tai Chi MARY	9:45-10:30A Zumba Lite JULIE	9:45-10:30A Tai Chi MARY		9:30-10:30A Zumba ANDREA
					
4:30-5:15P Zumba JULIE	5:00-6:00P Yoga MERIDEN	4:30-5:15P Zumba JULIE	5:00-6:00P Yoga MERIDEN		
5:30-6:30P Cardio Kickboxing KARLA	6:15-7:15P Zumba Sculpt JENNIFER	5:30-6:30P Cardio Kickboxing KARLA	6:15-7:15P Zumba Sculpt JENNIFER		

GROUP FITNESS SCHEDULE

GROUP FITNESS-MULTIPURPOSE ROOM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		6:00-6:45A Power Spin JAN		6:00-6:45A Power Spin JAN	
	7:50-8:35A Cycling JULI		7:50-8:35A Cycling JULI		
8:40-9:10A Strength Training ALAINA	8:45-9:15A Core Cardio ALAINA	8:40-9:10A Strength Training ALAINA	8:45-9:15A Core Cardio ALAINA	8:40-9:10A Strength Training ALAINA	
9:10-9:40A Core Balance ALAINA		9:10-9:40A Core Balance ALAINA		9:10-9:40A Core Balance ALAINA	
10:15-11:00A Silver Sneakers Flex SHARON	11:15-12:15P Silver Sneakers Classic SHARON	10:15-11:00A Silver Sneakers Flex CINDY	11:15-12:15P Silver Sneakers Classic SHARON	10:15-11:00A Silver Sneakers Flex CINDY	