



Drop In Group Fitness Classes

May 1 – Jun 8, 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	5:45am-6:45am Total Body Sculpt (Allison W.)	5:45am-6:45am Cardio Spin (Melissa)	5:45am-6:45am Total Body Sculpt (Melissa)	5:45am-6:45am Cardio Spin (Melissa)	5:45am-6:45am Total Body Sculpt (Melissa)	
		6:00am-7:00am Core Strength (Aimee)		6:00am-7:00am Core Strength (Aimee)		
	7:30am-8:30am Deep Water Aerobics (Susan)	7:15am-8:15am Easy Yoga (Delphine)	7:30am-8:30am Deep Water Aerobics (Susan)		7:30am-8:30am Deep Water Aerobics (Cinnamin)	
	7:45am-8:45am Weight Bar Workout (Aimee)	7:30am-8:30am Aqua Power (Kim)	7:45am-8:45am Weight Bar Workout (Aimee)	7:30am-8:30am Aqua Power (Kim)	7:45am-8:45am Weight Bar Workout (Aimee)	
	8:30am-9:30am	8:30am-9:30am Cardio Spin (Aimee)	7:45-8:45am	8:30am-9:30am Cardio Spin (Aimee)	8:30am-9:30am Cardio Spin (Jade)	
	9:00am-10:00am Zumba Fitness (Holly) Water Fitness for Everyone (Cinnamin)	9:00am-10:00am Zumba Fitness (Dakotah)	9:00am-10:00am Zumba Toning (Jessica) Water Fitness Everyone (Susan) Core Strength (Aimee)	9:00am-10:00am Zumba Fitness (Dakotah)	9:00am-10:00am Zumba Fitness (Dakotah) Water Fitness for Everyone (Cinnamin)	9:15am-10:30am Weekend Yoga (Magdalena, Kathy G. & Maria T.)
	10:30am-11:30am Silver Sneaker Classic (Aimee)	10:15am-11:45am Gentle Yoga (Sue)	10:15am-11:45am Gentle Yoga (Sue)	10:15am-11:45am Gentle Yoga (Sue)	10:30am-11:30a Silver Sneaker Classic (Aimee)	10:45am-11:45am Core Strength (Noel)
	11:00am-12:00pm Deep Water Aerobics (Cinnamin)		11:00am-12:00pm Deep Water Aerobics (Kathy)		11:00am-12pm Deep Water Aerobics (Kathy)	
	12:00-1:00pm Senior Yoga (Aimee)	12:00-1:00pm Zumba Fitness (Noel)	12:00-1:00pm Silver Sneaker Classic (Aimee)	12:00-1:00pm Zumba Fitness (Noel)	12:00-1:00pm Senior Yoga (Aimee)	12:00pm-1:00pm Zumba Fitness (Dakotah/ Kamala)
	Low Impact Water Exercise (Cinnamin)	1:30-2:30pm Silver Sneaker Classic (Noel)	Low Impact Water Exercise (Kathy)	1:30-2:30pm Silver Sneaker Classic (Noel)	Low Impact Water Exercise (Kathy)	1:30-2:30pm Cardio Spin (Allison)
	1:30pm-2:30pm Low Impact Dance Fitness (Noel)	4:15pm-5:15pm Cardio Spin (Marisol)	1:30 pm-2:30pm Low Impact Dance Fitness (Noel)	4:15pm-5:15pm Cardio Spin (Marisol)		
	4:30pm-5:15pm Weight Bar In&Out (Marie)	4:30pm-5:15pm Weight Bar In&Out (Marie)	4:30pm-5:15pm Weight Bar In&Out (Marie)	4:30pm-5:15pm Weight Bar In &Out (Marie)		
	5:30pm-6:30pm Zumba Fitness (Noel) Cardio Spin (Marie) Aqua Zumba (Jessica)	5:30pm-6:30pm Zumba Fitness (Kamala) Cardio Spin (Marie)	5:30pm-6:30pm Zumba Fitness (Holly) Spin & Sculpt (Allison W.) Aqua Zumba (Jessica)	5:30pm-6:30pm Zumba Fitness (Paloma) Cardio Spin (Marie)	5:30pm-6:30pm Zumba Fitness (Noel)	
	6:45pm-7:45pm Total Toning (Noel)		6:45pm-7:45pm Total Toning (Noel)			