



# Drop In Group Fitness Classes

## August 12 - December 31 2019

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