



Drop In Group Fitness Classes

November 1 - December 31 2019

Sunday	Monday 5:45am-6:45am	Tuesday 5:45am-6:45am	Wednesday 5:45am-6:45am	Thursday 5:45am-6:45am	Friday 5:45am-6:45am	Saturday
	Total Body Sculpt (Allison W.)	Cardio Spin (Melissa)	Total Body Sculpt (Melissa)	Cardio Spin (Melissa)	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)	9:00am-10:00am Zumba Fitness (Dakotah)	9:00am-10:00am Zumba Toning (Jessica)	9:00am-10:00am Zumba Fitness (Dakotah)	9:00am-10:00am Zumba Fitness (Dakotah)	9:15am-10:30am Weekend Yoga (Kathy G, Sheryl K., Sally S. & Maria T.)
	Water Fitness for Everyone (Cinnamin)		Water Fitness Everyone (Susan) Core Strength (Aimee)		Water Fitness for Everyone (Cinnamin)	
	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)	10:30am-11:30am Cardio Spin (Allison)
	11:00am-12:00pm Deep Water Aerobics (Cinnamin)		11:00am-12:00pm Deep Water Aerobics (Kathy)		11:00am-12pm Deep Water Aerobics (Kathy)	10:45am-11:45a Core Strength (Noel)
	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)	
	1:30pm-2:30pm Low Impact Dance Fitness (Noel)		1:30 pm-2:30pm Low Impact Dance Fitness (Noel)			
	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 (Kamala) Cardio Spin (Marie)	5:30pm-6:30pm Zumba Fitness (Noel)	
	6:45pm-7:45pm Total Toning (Noel)		6:45pm-7:45pm Total Toning (Noel)			