



# Drop In Group Fitness Classes

## January 2 — February 15, 2020

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