



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

GROUP FITNESS SCHEDULE

APRIL 19 – MAY 7

STUDIO A

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15 – 6am	Total Body Blast (2-3)			Low-Impact Cardio (0)		
8am	Active Older Adult (1-2)		Active Older Adult (1-2)		Active Older Adult (1-2)	
9:00 – 9:45am						Total Body Blast (2-3)
10:00 – 10:45am	Low-Impact Cardio (0)	Total Body Blast (2-3)	Low-Impact Cardio (0)	Total Body Blast (2-3)	Low-Impact Cardio (0)	
11:00 – 11:45am	SilverSneakers (1)	SilverSneakers (1)	SilverSneakers (1)	SilverSneakers (1)	Chair Yoga (0)	
6:30 – 7:15pm		Total Body Blast (2-3)		Total Body Blast (2-3)		

STUDIO B

	Monday	Tuesday	Wednesday	Thursday	Friday
Personal Training					
5:15 – 6:00am		Cycling (0)			
9:15 – 9:45am	Boot Camp (2-3)	TRX Stretch and Flow (0)	Boot Camp (2-3)	TRX Stretch and Flow (0)	Boot Camp (2-3)
6:00 – 6:30pm	Boot Camp (2-3)		Boot Camp (2-3)		

BEGINNER = 1

INTERMEDIATE = 2

ADVANCED = 3

ALL LEVELS = 0

At this time, members age 13 – 15 are welcome in classes. 11-12 must be accompanied and under direct supervision of an adult member age 19+ at all times when in the wellness center and classes.