



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

GROUP FITNESS SCHEDULE

JULY 19 – AUG 7

STUDIO A

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15 – 6am	Total Body Blast (2-3)			Low-Impact Cardio (0)		
8:15- 9am	Active Older Adult (1)		Active Older Adult (1)		Active Older Adult (1)	
9:15 – 10:00am	Low-Impact Cardio (2)	Total Body Blast (2-3)	Low-Impact Cardio (2)	Total Body Blast (2-3)	Low-Impact Cardio (2)	Total Body Blast (2-3)
10:15 – 11:00am	SilverSneakers (1)	SilverSneakers (1)	SilverSneakers (1)	SilverSneakers (1)		
11:15 – 11:45am		Chair Yoga (0)		Chair Yoga (0)		
4:00 – 4:45pm	Yoga (0)		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 (0) (9:15 – 10am)	Boot Camp (2-3)	*TRX (0) (9:15 – 10am)	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

*TRX First come first serve, with a max of 10 participants