



GROUP FITNESS SCHEDULES

ADAMS		May 9 – June 4th *This schedule is subject to change					
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00-10:00am	Low-Impact Toning (Sherry) (1-2) 9:15-10:00	TRX (Sherry) (0) 9:15-10am	Low-Impact Toning (Sherry) (1-2) 9:15-10:00	TRX (Sherry) (0) 9:15-10am		Total Body Blast (Rotating) (2-3) 9:15-10:00	
10:00-11:00am	SilverSneakers Sandy (1) 10:30-11:15	SilverSneakers Sandy (1) 10:30-11:15	SilverSneakers Donna (1) 10:30-11:15	SilverSneakers Sandy (1) 10:30-11:15	SilverSneakers Sandy (1) 10:30-11:15	Fit Kids 10:10-10:40am	
11:00am-12:00pm							
12:00-1:00pm							
1:00 – 2pm	*Physical Activity for Lifelong Success (ADRC) 1-2pm		*Physical Activity for Lifelong Success (ADRC) 1-2:30pm		*Physical Activity for Lifelong Success (ADRC) 1-2pm		
2:00-3:00pm							
3:00-4:00pm							
4:00-5:00pm							
5:00-6:00pm	*Boot Camp Erin (2-3) 5:30 – 6pm	Total Body Blast Sherry (2-3) 5:30-6:15		Total Body Blast Erin (2-3) 5:30-6:15			
6:00-7:00pm							
7:00-8:00pm							

*Schedule subject to change.

*Physical Activity for Lifelong Success is a program run through the ADRC. Last Day May 20th