



# GROUP FITNESS SCHEDULES

ADAMS		June 27 – July 16						*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		Low-Impact Toning (Sherry) (1-2) 9:15-10:00			Boom Move Sandy (1) 9:30 – 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		Bible Study 11:30am-12:30pm						
12:00-1:00pm								
1:00 – 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 (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.



# GROUP FITNESS SCHEDULES

ADAMS		July 18 – August 27						*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		Low-Impact Toning (Sherry) (1-2) 9:15-10:00			Boom Move Sandy (1) 9:30 – 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								
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 (2-3) 5:30-6:15		Total Body Blast Erin (2-3) 5:30-6:15				
6:00-7:00pm								
7:00-8:00pm								

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