



GROUP FITNESS SCHEDULES

ADAMS		Sept 12 – Oct 2 *This schedule is subject to change					
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00-7:00am	***Total Body Blast Jodi (2-3) 5:30-6:10am		***Total Body Blast Jodi (2-3) 5:30-6:10am				
9:00-10AM	Low-Impact Toning Sherry (1-2) 9:15- 10:00am	Boom Move! Sandy (1-2) 9:15-10:00am	TRX Sherry (2) 9:15-10:00am	Boom Move Sandy (1-2) 9:15- 10:00am	Low-Impact Toning Sherry (1-2) 9:15-10am	Total Body Blast Rotating (2-3) 9:15-10:00	
10:00-11:00am						Fit Kids 10:10-10:40am	
11:00am-12:00pm	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 Donna (1) 10:30-11:15		
3:00-4:00pm							
4:00-5:00pm							
5:00-6:00pm		Total Body Blast Kayla (2-3) 5 – 5:45pm		Total Body Blast Erin (2-3) 5-5:45pm			