



# GROUP FITNESS SCHEDULES

ADAMS		Nov 14 – Dec 4					*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		Total Body Blast Rotating (2-3) 9:15-10:00		
10:00-11:00am								
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 Erin (2-3) 5 – 5:45pm		Total Body Blast Erin/Niki (2-3) 5-5:45pm				

\*No Classes Thanksgiving Day