



GROUP FITNESS SCHEDULES

| ADAMS | | January 23 – Feb 12 | | | | *This schedule is subject to change | |
|-----------------|---|---|--|---|--|-------------------------------------|--------|
| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| 5:00-7:00am | Total Body Blast Jodi (2-3) 5:30-6:10 | | *Total Body Blast Jodi (2-3) 5:30-6:10 | | | | |
| 9:00-10AM | Low-Impact Toning Sherry (1-2) 9:15-10:00 | Boom Move! Sandy (1-2) 9:15-10:00 | TRX Sherry (2) 9:15-10:00 | Boom Move Sandy (1-2) 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) 5:10 – 5:50 | | Total Body Blast Erin (2-3) 5:10-5:50 | | | |
| | | Yoga Heather (0) 6-6:45 | | Yoga Heather (0) 6-6:45pm | | | |

1 = Beginner

***No 5:30am class Wednesday, 2/1... moved to Friday, 2/3**

2= Intermediate

3= Advance

0= All Levels