



GROUP FITNESS SCHEDULES

ADAMS		May 22 – June 4						*This schedule is subject to change
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
5:00-7:00am	Total Body Blast Jodi (2-3) 5:30-6:10		Total Body Blast Jodi (2-3) 5:30-6:10					
9:00-10AM	TRX 8:30am	Boom Move! Sandy (1-2) 9:15-10:00	TRX 8:30am	Boom Move! Sandy (1-2) 9:15-10:00		Yoga (0) Heather 9:15-10:00		
10:00-11:00am								
11:00-12:00pm	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) 6-6:45pm				

1 = Beginner

2= Intermediate

3= Advance

0= All Levels