









Group Fitness Schedule April - June 2024

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00-10:00	Gentle (seated) Spin w/ Pat 9:00-9:30			Gentle (seated) Spin w/Pat 9:00-9:30	Strong, Fit & Fab! w/ Kim B. 9:00 - 10:00	*8:30 - 9:30* Yin Yoga w/Sara	
9:30-10:30	Hatha Style Yoga w/Sara		9-10:00 am Barre Burn w/ Diane				
10-11		Silver Sneakers w/Cindy		Silver Sneakers w/Cindy		Fitness Variety w/ Alt. Instructors 10-11:15	Sunday Funday Fitness Variety w/ Rod
10:30-11:30	QiGong w/Josh	Express Spin w/ Pat 11:15 - 12:00	Senior TRX w/Sadhna	Express Spin w/ Pat 11:15 - 12:00	QiGong w/Josh		
12:10-1ish	Cardio Intervals in Fitness Center w/ Shan	Strong to the Core! (TRX Based)w/ Shan	Spin Strong w/Lynn	Pure Strength in Fitness Center w/Shan	Cardio Intervals in Fitness Center w/ Shan		
4:30-5:30	Hittin' It Up w/Carrie	 Good old Step! w/ Mary	Kettles & Tabatas w/ Mary & Carrie	Butts and Guts w/Mary			
5:30-6:30	Lower Body Sculpt w/ Shan	Upper Body Blast w/ Kim	Spin Party! w/ Kim S.	Mobility & Stretch w/ Diane	5:45-6:45 Cardio Kickboxing w/ Jodie		
6:30-7:30			*Zumba Mobility w/ Mickie	