








GROUP FITNESS SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
Simply Stretch 8am - 9am	Cycling Express 7am - 7:30am Mat Pilates 7am - 7:30am Yoga Nidra 8am - 8:45am Power Hour 4pm - 5pm	Low Impact Cardio 7am - 7:30am Mat Pilates 7am - 7:30am Tabata 8am - 8:45am Abs & Glutes 9:30am - 10am	Power Hour 8am - 9am Water Aerobics 8am - 9am Chair Yoga 9am - 10am Yoga Flow 3pm - 4pm	Cycling Express 7am - 7:30am Mat Pilates 7am - 7:30am Yin Yoga 8am - 8:45am Power Hour 4pm - 5pm	Cycling Express 7am - 7:30am Mat Pilates 7am - 7:30am Yoga Nidra 8am - 8:45am Power Hour 4pm - 5pm	Simply Stretch 7am - 7:30am Mat Pilates 7am - 7:30am

This is just a sample of weekly group fitness class schedules. Schedules are updated each month.