



# GROUP EXERCISE CLASS SCHEDULE - July 2021 (please note, Inclement weather may cause some classes to come Indoors)

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45 AM	Bootcamp (F) Ivan - 60 min	Bootcamp (F) Donna - 60 min	Cycle (O) Donna - 45 min	Bootcamp (F) Donna - 60 min	Cycle (O) Beth - 45 min		
6:00 AM			Yoga (V) Kathryn - 60 min				
7:00 AM	Chair Yoga (V) Kathryn - 60 min				Chair Yoga (V) Kathryn - 60 min		
7:30 AM		Yoga Sculpt (O or SA) Raman 45 min					
8:00 AM						Cycle (O) Shira/Caroline 45 min	
8:15 AM		DANCE (V) Katherine R. - 60 min		DANCE (V) Katherine R. 60 min			
9:00 AM	Muscle/Stretch (SA+V) Heidi 50 m						
		Swimnastics (SP) Louise 8:30am		Swimnastics (SP) Louise 8:30am			
9:30 AM	Cycle (O) Sarah - 45 min	Cycle (O) Lauren-45min	Cycle (O) Nicole - 45 min	Cycle (O) Lauren- 45min	Cycle (O) Sara - 45 min	Zumba (A +V) Edith - 60 min	
10:00 AM	Keeping Fit (SA +V) Michelle 50 min	Barre (SA +V) Jessica- 60 min	Keeping Fit (SA +V) Michelle -50 min				
10:30 AM					Keeping Fit (SA) Louise - 60 min		
11:00 AM	Pilates (SA +V) Tracy - 60 min		Pilates (SA +V) Tracy - 60 min		Pilates (A + V) Jess - 60 min		Bolly X (V) Brittany/Kim- 60 min
11:15 AM							
11:30 AM							
5:00 PM		Yoga (SA and V) Michelle					
6:00 PM			Zumba (O) Edith - 60 min	Bolly X (V) Purnima 60 min			
6:15 PM	Cycle (O) Caroline V.- 45 min				Cycle (O) Caroline V.- 45 min		
6:30 PM		Cycle (O) Clarence - 45 min					
		Muscle Conditioning (A) Rosella - 60 min		Muscle Conditioning (A) Rosella - 60 min			
7:30 PM	Zumba (V) Michelle - 60 min						
<b>(G) = Gym (O) = Outside (G) = Gym (A) = Auditorium (SA) = Studio A (V) = Virtual</b>							