



FOR HEALTHY LIVING.  
GROUP FITNESS SCHEDULE

FALL 2021  
\*Schedule subject to change

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00		<b>Indoor Cycling</b> 6:30 – 7:30 Deirdre		<b>Indoor Cycling</b> 6:30 – 7:30 Deirdre			
8:00	<b>Yoga I</b> 8:00-8:45 Susan E. <b>NO CLASS 11/22</b>	<b>Cardio Jam</b> 8:00 – 8:45 Deirdre	<b>Yoga I</b> 8:00-8:45 Susan E.	<b>Cardio Jam</b> 8:00 – 8:45 Deirdre		<b>HIIT N' FIT</b> 8:00-8:45 Lenore	
9:00	<b>Indoor Cycling</b> 9:00 – 10:00 Maria	<b>R.I.P.P.E.D</b> 9:00 – 10:00 Larissa	<b>Total Body</b> 9:00 – 9:45 Maria	<b>R.I.P.P.E.D</b> 9:00 – 10:00 Larissa	<b>Yoga HIIT</b> 9:00-9:45 Susan E.	<b>Indoor Cycling</b> 9:00 – 10:00 Maria	
10:00	<b>Strength Train Together</b> 10:15 – 11:15 Larissa <b>SUB 11/15</b>		<b>ZUMBA</b> 10:00-10:45 Carmen		<b>ZUMBA</b> 10:00-10:45 Carmen	<b>YOGA</b> 10:15-11:15 Jane	
11:00		<b>A.O.A. Yoga</b> 11:00-11:45 Jackie	<b>A.O.A. Range of Motion &amp; Balance</b> 11:00-11:45 Kathy		<b>A.O.A. Yoga</b> 11:00-11:45 Jackie		
12:00	<b>A.O.A. Low Impact Cardio</b> 12:00-12:45 Kathy		<b>A.O.A. Low Impact Cardio</b> 12:00-12:45 Kathy				
1:00	<b>Tai Chi</b> 1:00-1:45 Kathy						
6:00		<b>Total Body</b> 6:00 – 7:00 Maria	<b>HIIT N' FIT</b> 6:00-6:45 Lenore	<b>Indoor Cycling</b> 6:00-7:00 Maria			
7:00	<b>ZUMBA</b> 7:00-7:45 Carmen		<b>ZUMBA</b> 7:00-7:45 Carmen	<b>ZUMBA</b> 7:00-7:45 Carmen			

**REMINDER TO REGISTER FOR CLASS ONLINE OR AT THE WELCOME DESK!**