

# GROUP CLASSES - October 2019\*

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00-8:10AM LEVEL I/II YOGA Sue	7:00-8:10AM LEVEL I/II YOGA Mike	7:00 - 8:10AM LEVEL I/II YOGA Michele	7:00-8:10AM LEVEL I/II YOGA Mike	7:00-8:10AM LEVEL I/II YOGA Michele		8:30AM PILATES & STRETCH Vicki
8:15-9:00AM CARDIO CLASS Serena	8:15-9:00AM CARDIO & SCULPT Sue	8:15-9:00AM TOTAL BODY STRENGTH Elaine	8:15-9:00AM CARDIO DANCE Sue	8:15-9:00AM TOTAL BODY STRENGTH Sue	8:00AM CARDIO CLASS Elaine	
9:00AM TOTAL BODY STRENGTH Serena	9:00AM GROUP CYCLE Sue	9:00AM CARDIO & SCULPT Elaine	9:00AM PILATES & STRETCH Vicki	9:00 - 10:00AM CARDIO CLASS Sue	9:00AM WATER EXERCISE** Elaine	10:30AM - 11:30AM WATER EXERCISE** Elaine
10:00-10:30AM TAI CHI - Sue	10:00AM CORE CLASS Alfonso	10:00-10:30AM Energy Boost - Sina	10:00AM CORE CLASS Alfonso	10:00-10:30AM TAI CHI - Sue	10:00-11:10AM CORE YOGA & PILATES Rose	10:30AM - NOON VINYASA YOGA & MEDITATION Rose
10:30AM STRETCH CLASS Sue	10:15AM WATER EXERCISE** Sue	10:30AM STRETCH CLASS Iku	10:15AM WATER EXERCISE** Sue	10:30AM STRETCH CLASS Sue		
11:30AM CHAIR EXERCISE Sue		11:30AM CHAIR EXERCISE Iku		11:30AM CHAIR EXERCISE Sue		

**7:00PM**  
**CARDIO DANCE**  
**& Conditioning**  
Iku

**6:00PM**  
**ZUMBA®**  
**DANCE**  
Nargis

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**7:00 - 8:15PM**  
**YOGA**  
**LEVEL I & II**  
Michele

**► New class, time or instructor**

\*\*Water Exercise held at West Pool

**Afternoon/Evening Classes**

**FITNESS CENTER HOURS**

WEEKDAYS      5:30AM - 10:00PM

WEEKENDS      7:00AM - 8:00PM

\*schedule is subject to changes  
≥6 to maintain class on schedule

**Group Cycle - Limited space, sign-up at front desk required**