


GROUP CLASSES - September 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	9:30AM STEP & SCULPT 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

**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**