

GROUP EX SCHEDULE

EXERCISE IS MORE FUN TOGETHER!



FITNESS BRANCH CLASSES

600 East Main Street



FITNESS CHILD WATCH HOURS:

(ages 6 weeks-10 years)

M W F 8:00-11:15 A.M.

T Th 8:00-10:00 A.M.

M-Th 3:30-7:00 P.M.

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|------------------|------------------|---------------|------------------|--------------|------------------|----------|
| 5:00-6:00 A.M. | Rise & Grind | Yoga | Rise & Grind | Yoga | Rise & Grind | |
| 7:00-7:30 A.M. | Morning Movers | | Morning Movers | | Morning Movers | |
| 7:45-8:15 A.M. | Pacers | | Pacers | | Pacers | |
| 8:00-8:45 A.M. | | Kickboxing | | Kickboxing | | |
| 8:30-9:30 A.M. | Group Power | | Group Power | | Group Power | ZUMBA |
| 8:45-9:30 A.M. | | Butts & Guts | | Butts & Guts | | |
| 9:45-10:45 A.M. | Restorative Yoga | | | | Restorative Yoga | Yoga |
| 10:00-11:15 A.M. | | Strong Moms* | | Strong Moms* | | |
| 10:15-11:15 A.M. | Barre | | Barre | | Barre | |
| 11:00-11:45 A.M. | Cardiac Class | | Cardiac Class | | Cardiac Class | |
| 12:00-1:00 P.M. | Rock Steady* | | Rock Steady* | | Rock Steady* | |
| 1:00-2:30 P.M. | | | Line Dancing | | | |
| 4:00-4:55 P.M. | Mat Y-lates | Youth Fit* | | Youth Fit* | | |
| 4:00-4:55 P.M. | | Yoga | | Yoga | | |
| 5:00-5:55 P.M. | Strength Circuit | Step Aerobics | Strength Circuit | | | |
| 5:00-6:00 P.M. | Group Power | | | Group Power | | |
| 6:05-7:00 P.M. | ZUMBA | ZUMBA | | ZUMBA | | |
| 6:05-7:00 P.M. | Recovery Lab | | Recovery Lab | | | |



BRADFORD BRANCH CLASSES

972 McQueen Smith Road South

BRADFORD CHILD WATCH HOURS:

(ages 3 months-10 years)

M W F 8:00 - 11:00 A.M.

T Th 8:00 - 10:00 A.M.

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|------------------|--------------|----------------|--------------|----------------|--------------|
| 5:15-6:15 A.M. | | Group Power | | Group Power | |
| 6:00-7:00 A.M. | Virtual Spin | | Virtual Spin | | Virtual Spin |
| 8:30-9:30 A.M. | PiYO | Spin | PiYO | Spin | PiYO |
| 8:30-9:30 A.M. | Group Power | ZUMBA | Group Power | ZUMBA | Group Power |
| 9:30-10:00 A.M. | | Stretch & Roll | | Stretch & Roll | |
| 10:00-11:00 A.M. | ZUMBA | | ZUMBA | | ZUMBA |
| 5:00-5:45 P.M. | POUND | | POUND | | |



* These classes require registration and an additional fee.