

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			
4:00–4:45 P.M.		Youth Fit*		Youth Fit*		
4:00–4:55 P.M.	Mat Y-lates	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	
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.

