



GROUP EXERCISE SCHEDULE

EXERCISE IS MORE FUN TOGETHER

FITNESS BRANCH CLASSES

600 East Main Street

| | 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 | |
| 8:00–8:45 A.M. | Pacers | Kickboxing | Pacers | Kickboxing | Pacers | |
| 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 |
| 10:00–11:00 A.M. | | Group Power | | Group Power | | |
| 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* | |
| 4:00–5:00 P.M. | | Youth Fit* | | Youth Fit* | | |
| 4:00–5:00 P.M. | | Yoga | | Yoga | | |
| 5:00–6:00 P.M. | Step & Strength | Body Sculpt | Step & Strength | | | |
| 5:00–6:00 P.M. | Group Power | | | Group Power | | |
| 6:00–7:00 P.M. | ZUMBA | ZUMBA | ZUMBA | ZUMBA | | |
| 6:15–7:15 P.M. | Yoga | | Yoga | | | |

BRADFORD BRANCH CLASSES

972 McQueen Smith Road South

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|------------------|-------------|----------------|-------------|----------------|-------------|
| 5:15–6:15 A.M. | | Group Power | | Group Power | |
| 6:00–6:15 A.M. | Spin | | Spin | | 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 |
| 5:00–6:00 P.M. | POUND | | POUND | | |

