

GROUP EX SCHEDULE - UPDATED 9/08/22

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Aqua Fit 7:15am Hannah	Cycle 9:15am Kristi	Aqua Fit 7:15am Hannah	Barre 9:00am Wendy	Aqua Fit 7:15am Hannah	Vinyasa/ Yin Yoga 8:30am Samina
Aqua Strength & Flex 8:30am Hannah	CardioYo 10:30am Diane	Tai Chi 8:00am Lia	Cycle 9:15am Kristi	Tai Chi 8:00am Lia	Cycle 8:30am Marleise
Barre 9:00am Wendy	Vinyasa Flow Yoga 10:30am Kristi	Aqua Fusion 8:30am Melissa	Vinyasa Flow Yoga 10:30am Kristi	Aqua Strength & Flex 8:30am Hannah	Zumba 10:00am Ann
Gym Orientation 9:00am Kristi	Body Sculpt 12:00pm Melissa	HIGH Fitness 9:00am Lacey	Step & Sculpt 12:00pm Melissa	Zumba Gold 10:00am Mary	Body Sculpt 11:15am Melissa
Lift & Balance 10:15am Diane	Barre 4:30pm Nataliya	Lift & Balance 10:15am Diane	Pilates 4:30pm Nataliya	Sit & Be Fit 11:15am Melissa	
Chair Yoga 11:15am Diane	Zumba 5:45pm Nataliya	Chair Yoga 11:15am Diane	Zumba 5:45pm Nataliya	HIIT It 12:15pm Hannah	
Pilates 12:15pm Kristi		Pilates 12:15pm Kristi		Vinyasa Flow Yoga 3:45pm Kristi	
Vinyasa Flow Yoga 5:30pm Angel		Vinyasa Flow Yoga 5:30pm Kristi			
Cycle 5:45pm Beth		Cycle 5:45pm Ashlee			

- Leisure Pool
- Studio 1
- Studio 2
- Tennis Court
- Weight Room



Questions? E-Mail fitness@mtparkhoa.com