

# GROUP EX SCHEDULE - UPDATED 11/14/22

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 Beth	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 8:15am Melissa	Vinyasa Flow Yoga 10:30am Kristi	Aqua Yoga 8:30am LuAnn	Zumba 10:00am Ann
Gym Orientation 9:00am Kristi	Body Sculpt 12:00pm Melissa	HIGH Fitness 9:00am Lacey	CardioYo 10:30am Diane	Zumba Gold 10:00am Mary	Body Sculpt 11:15am Melissa
Lift & Balance 10:15am Diane		Lift & Balance 10:15am Diane	TRXtra 12:00pm Melissa	Sit & Be Fit 11:15am Melissa	
Chair Yoga 11:15am Diane		Chair Yoga 11:15am Diane	Pilates 4:30pm Cancelled for November Nataliya	HIIT 12:15pm Hannah	
Pilates 12:15pm Kristi		Pilates 12:15pm Kristi	Zumba 5:45pm Nataliya	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](mailto:fitness@mtparkhoa.com)