

GROUP EX SCHEDULE - UPDATED 8/25/23

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Cycle 6:30am Clodagh	Body Sculpt 6:15am Sherry	Cycle 6:30am Clodagh	Body Sculpt 6:15am Sherry	Aqua Fit 7:15am Beth	Vinyasa/ Yin Yoga 8:30am Samina
Aqua Fit 7:15am Hannah	Cycle 9:00am Marleise	Aqua Fit 7:15am Hannah	Barre 9:00am Wendy	Tai Chi 8:00am Lia	Cycle 8:30am Marleise
Aqua Strength & Flex 8:30am Hannah	Gentle CardioYo 10:30am Diane	Tai Chi 8:00am Lia	Cycle 9:00am Marleise	Aqua Yoga 8:30am LuAnn	Zumba 10:00am Ann
Barre 9:00am Wendy	Vinyasa Flow Yoga 10:30am Kristi	Aqua Fusion 8:30am Hannah	Vinyasa Flow Yoga 10:30am Kristi	Zumba Gold 10:00am Sandra	Body Sculpt 10:00am Marleise
Gym Orientation 9:00am Kristi	Body Sculpt 12:00pm Marleise	Power Hour 9:00am Marleise	Gentle CardioYo 10:30am Diane	Sit & Be Fit 11:15am Marleise	
Lift & Balance 10:15am Diane	Line Dancing 5:45pm Emily	Lift & Balance 10:15am Diane	Body Sculpt 12:00pm Marleise	Vinyasa Flow Yoga 3:45pm Kristi	
Chair Yoga 11:15am Diane		Chair Yoga 11:15am Diane	Line Dancing 5:45pm Emily		
Pilates 12:15pm Kristi		Yogalates 12:15pm LuAnn	Deep Water Aerobics 5:45pm LuAnn <small>Beginning 9/14</small>		
Yoga Flow & Deep Stretch 5:30pm Carol		Vinyasa Flow Yoga 5:30pm Kristi			
Cycle 5:45pm Beth		Cycle 5:45pm Sub			

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