

GROUP EXERCISE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45-6:45am Bootcamp John Halloran				5:45-6:45am Bootcamp John Halloran		
8:30-9:45am Rugged Walk III Amy Stubblefield	8:30-9:30am Step III Jillian Shay	8:30-9:30am Sport Fit Amy Stubblefield	8:30-9:30am Step Sculpt II Amy Stubblefield		8:00-9:00am Hi Lo Dance Party Amy Stubblefield	
8:30-9:30am Step Interval III Heather Hartley			9:30-10:30am** Semi Personal Training Amy Stubblefield	8:30-9:30am Sport Fit II- III Amy Stubblefield	9:00-10:15am Step Interval III Lindsey Murillo	9:00-10:00am Power Fit Dana Beckstoffer
9:30-10:30am Cardio Dance Jillian Shay	10:45-11:45am Muscle Madness All Levels Barb Brown	9:30-10:30am Pilates Mat All Levels Debbie Abell		10:30-11:15am To The Core Amy Stubblefield Debbie Abell		
10:30-11:30am Seniors Let's GO GO Jillian Shay	11:45-12:45pm Movement, Muscle and Stretch Barb Brown			11:15-12:15pm Seniors Let's Go Go Jillian Shay		
12:00-1:00pm*** Mommy & Me Semi-Private Training Tanya Caravelli		12:00-1:00pm*** Mommy & Me Semi-Private Training Tanya Caravelli	12:15-1:00pm Backs in Motion Karen Soroca			
5:30-6:15pm Step Interval II	5:30-6:30pm Sport Fit Amy Stubblefield	5:30-6:15pm Muscle Madness All Levels w/Barb	5:30-6:30pm Step Amy Stubblefield			
6:15-7:00pm Muscle Madness All Levels Wendy Roberts		6:15-7:00pm Step Blitz Lindsey Murillo				