

# FALL 21'

## GROUP EXERCISE SCHEDULE

### THINGS TO KNOW

All classes **REQUIRE pre-registration.**

You may register online or at the Welcome Desk via our kiosk

All classes have a **class limit size** and will be enforced for safety

WE will **promote social distancing** during class

You must **provide** your **own** mat for classes that require such equipment..

**NO REGISTRATION = NO CLASS**

Please check our website for the latest schedule

MON	TUES	WED	THURS	FRI
10:30a Silver Fit	10:00a	10:30a Silver Fit	10:00a Yoga	7:00a WOD
11:15a Silver Sneakers	5:30p Tread N' Shed	11:15a Silver Sneakers	5:30p Hip-Hop Step	12:00p Interactive Cycle
5:30p Yoga	6:00p Pedal & Pump Zumba Aqua Jam	5:30p THE GRIND	6:00p Aqua Zumba Revolutions	5:00p The Challenge (online only)
6:00p Cycle & Burn	6:15p T.R.A.P.	6:00p MIXXEDFIT	6:30p COMMIT	
6:30p BoxFIT		6:30p BoxFIT		

### SAT

10:00a  
Flow  
Yoga

11:00a  
Zumba



7am- WOD (posted online only)  
12pm - Interactive Cycle class held daily