

2022 GROUP EXERCISE SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10 a.m.	Silver Fit 10:30 a.m.		Silver Fit 10:30 a.m.	Yoga 10 a.m.	Body Restore 10 a.m.	Flow Yoga 10 a.m.
11 a.m.	Silver Sneakers 11:15 a.m.		Silver Sneakers 11:15			Zumba 11 a.m.
5 p.m.		The Grind 5:30 p.m. Tread 'N Shed 5:30 p.m. Pedal 'N Pump 5:30 p.m.		Hip-Hop Step 5:30 p.m.	THINGS TO KNOW <ul style="list-style-type: none"> • 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 out website for the latest schedule. 	
6 p.m.	MixedFit® 6 p.m. Cycle & Burn 6 p.m. BoxFit 6:30 p.m.	Zumba® 6 p.m. Aqua Jam 6 p.m. T.R.A.P. 6:15 p.m.	MixedFit® 6 p.m. BoxFit 6:30 p.m.	Aqua Zumba 6 p.m. Commit® 6:30 p.m. CycleExpress 6:30 p.m.		
7 p.m.	Yoga 7:00 p.m.					