

Weekday Group Classes

Time	Mondays		Tuesdays		Wednesdays		Thursdays		Fridays	
	Central Bank Group Ex Rm	Group Ex Rm 2	Central Bank Group Ex Rm	Group Ex Rm 2	Central Bank Group Ex Rm	Group Ex Rm 2	Central Bank Group Ex Rm	Group Ex Rm 2	Central Bank Group Ex Rm	Group Ex Rm 2
5 a.m.										
6 a.m.	Boot Camp 5:45 - 6:30 Mike		Group Cycling 5:45 - 6:30 Mike		Boot Camp 5:45 - 6:30 Mike		Group Cycling 5:45 - 6:30 Mike		Boot Camp 5:45 - 6:30 Todd	
7 a.m.										
8 a.m.										
9 a.m.	**Kettlebell 8:45 - 9:30 Jackie	BodyVive 3.1 8:30 - 9:25 Catherine	Group Cycling 8:30 - 9:15 Mike	Cardio & Core 8:30 - 9:15 Lori	**Kettlebell 8:45 - 9:30 Jackie	BodyVive 3.1 8:30 - 9:25 Catherine	Group Cycling 8:30 - 9:15 Mike	Cardio & Core 8:30 - 9:15 Lori	PiYo 8:30 - 9:20 Linda	BodyVive 3.1 8:30 - 9:25 Catherine
10 a.m.	Cardio Blast 9:45 - 10:30 Mike	SilverSneakers Classic 9:40 - 10:25	BodyPump 9:30 - 10:25 Anne	SilverSneakers Circuit 9:40 - 10:25	Cardio Blast 9:45 - 10:30 Mike	SilverSneakers Classic 9:40 - 10:25	BodyPump 9:30 - 10:25 Anne	SilverSneakers Circuit 9:40 - 10:25	INSANITY 9:40 - 10:30 Linda	SilverSneakers Classic 9:40 - 10:25
11 a.m.	Zumba 10:45-11:30 Alicia	SilverSneakers Yoga 10:35 - 11:20	BodyFlow 10:40 - 11:35 Anne	Tai Chi 10:40 - 11:35 Roger/Judy	Zumba 10:45-11:30 Alicia		BodyFlow 10:40 - 11:35 Anne	Tai Chi 10:40 - 11:35 Roger/Judy	Zumba 10:45-11:30 Alicia	SilverSneakers Yoga 10:35 - 11:20
noon - 3 p.m.										
4 p.m.	INSANITY 4:00 - 4:50 Linda		PiYo 4:00 - 4:50 Linda				Group Cycling 4:00 - 4:45 Lisa			
5 p.m.	BodyPump 5:00 - 5:55 Lisa T	BodyVive 3.1 5:00 - 5:55 Abby	CROSSfitness 5:00 - 5:45 Linda	Cardio Circuit 5:00 - 5:45 Emily	BodyPump 5:00 - 5:55 Lisa T	BodyVive 3.1 5:00 - 5:55 Abby	CROSSfitness 5:00 - 5:45 Linda	Cardio Circuit 5:00 - 5:45 Emily	Bolded classes: New! *End date TBD **Starting Feb. 1 ❖Jan.14 thru Feb.18 only	
6 p.m.	Group Cycling 6:10 - 6:55 Jessica	BodyFlow 6:10 - 7:05 Judy	BodyPump 6:00 - 6:55 Linda		Group Cycling 6:10 - 6:55 Todd	BodyFlow 6:10 - 7:05 Judy	BodyPump 6:00 - 6:55 Linda	❖Yoga 6:00 - 7:00 Kelli		
7 p.m.										

Weekend Group Classes

Saturdays	7 a.m.	8 a.m.		9 a.m.
	Central Bank Group Ex Rm		*BodyPump 8:00 - 8:55	
Group Ex Rm 2		Group Cycling 1 st , 3 rd & 5 th weeks 8:15 - 9:00	INSANITY 2 nd & 4 th weeks 8:15 - 9:15	