



August 16- November 28, 2021

**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

Group Exercise Schedule

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|----------|------------------------------|--|--|--|----------------------------------|-------------------------------------|
| 5:30 am | | | Pilates With Beth | | | |
| 8:00am | Power Sculpt with Haywood | Yoga with Kathleen & Cycle and Core With Dan | BODYPUMP with Haywood | Yoga with Kathleen & Cycle and Core With Haywood | 8:15 HIIT (30 min) With Katya | 7:45 BODYPUMP With Willie |
| 9:00am | Line Dancing with Elaine | Dance Fusion with Elaine | Pedal and Pump with Haywood & Low impact Boot Camp With Beverly | BODYPUMP With Rebecca | Pilates With Katya | Cycle With Beth, Dan, Jessica |
| 10:00 am | Gentle Yoga With Rebecca | Silver Sneakers With Beverly | | Silver Sneakers with Rebecca | Senior Sculpt With Rebecca | Zumba with Diane |
| 11:00am | | | | | | Boot Camp with Elwood |
| 12:15 pm | BODYPUMP with Rebecca | | Butts and Guts with Katya | Kettle Bell Interval With Katya | | |
| 5:30 pm | BODYPUMP With Haywood | Zumba With Diane | BODYPUMP with Rebecca | MIXXEDFIT With Diane | | |
| 6:45 pm | Boot Camp With Elwood | Stretch (30 min) with Diane | Boot Camp With Elwood | Yoga, Pilates and Core with Willie | | |

*All classes require reservation.

** If you are 10 minuets late to class, you may lose your reserved spot.**