



Group Exercise Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
5:15am		Spin		Spin	
8:00am	ST3	Yoga	ST3	Yoga	
10:00am	Step It Up		Step It Up	Pilates	
12noon	Cardio Circuit	Barre-lattes	Spin	Just Pump	Fitness Boxing
1:30pm	Silver Sneakers		Silver Sneakers		
3:00pm	Just Pump				
5:30pm		Spin n sculpt		Spin n sculpt	

*Abbreviated schedule starting 9/21/2020