

Summer 2016: Group Exercise Class Schedule

TIME:	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:15-9:15AM			Step N Tone ~Beth <i>(8:30-9:30 am)</i>		Step, Sculpt Combo ~Jen <i>(8:15-9:15 am)</i>
8:20-9:20AM		Yoga-Brenda 8:20-9:20 am		Yoga-Brenda 8:20-9:20 am	
9:30-10:30AM					Room is Reserved for Alive Program
12:15-1:00PM	Monday-RUN day (1 st & 3 rd Monday of the month) ~Beth	Lunch Hour POWER ~Beth 12:15-1:00 pm	HardCORE Abs ~Beth 12:15-1:00 pm	Lunch Hour POWER ~Beth 12:15-1:00 pm	TABATA: Cardio & Core ~Beth 12:15-1:00 pm
2:30-3:30 PM					
3:30-4:30 PM					
4:00-5:00 PM					
5:30-6:30 PM				BootCamp -Christina 5:30-6:20 pm	

***** SCHEDULE IS SUBJECT TO CHANGE *****