

Group Fitness Schedule

Effective **September 8**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 AM	BodyPump w/Holly	Sprint w/Amy	HIIT/Barre w/Tammy	Sprint w/Amy	BodyPump w/Holly or JoAnn	
8:30 AM	BodyPump w/Brielle	HIIT/Barre w/Brielle	BodyPump w/Carli	High Fitness w/Holly	Zumba w/Lindsay	
8:30 AM	Yoga w/Holly		Yoga w/Tenea			
9:00 AM						HIIT/Barre w/JoAnn
10:10 AM		SilverSneakers w/Lana		SilverSneakers w/Lana		
11:30 AM						
12:15 PM		Sprint w/Jen		Sprint w/Jen		
5:30 PM	BodyPump w/JoAnn	High Fitness w/Holly	BodyPump w/JoAnn	HIIT/Barre w/JoAnn		
5:45 PM		Sprint w/Tammy				
6:00 PM		Yoga w/Tenea		Yoga w/Tenea		
Water						
9:00 AM	Aqua Fit w/Wendy	Aqua Fit w/Julia	Aqua Fit w/Wendy	Aqua Fit w/Lana	Aqua Fit w/Wendy	
1:05 PM	Aqua Therapy w/Julia		Aqua Therapy w/Julia		Aqua Therapy w/Lana, Julia, Wendy	
For Kids	<i>Ages 8-15 (held in gym)</i>					
6:30 PM		Get Movin w/Livingston		Get Movin w/Livingston		