

GROUP FITNESS SCHEDULE effective April 3rd

Friday April 7th and Monday April 10th No Programs or Pool; Building Hours 7:00am-2:00pm						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Y Cycle 6:15am-7:15am Cycle Studio Hermann	Y Strength 6:15am-7:00am Gymnasium Shawn	Y Cycle 6:15am-7:00am Cycle Studio Karen	Y Sweat 6:15am-7:00am Gymnasium Martha	Y Cycle 6:15am-7:15am Cycle Studio Hermann		
	Q.Strength Gentle 8:30am-9:15am Velina		Q Strength Gentle 8am-8:45am Velina			
Y Aquafit 8:00am-9:00am Pool Lisa	Y Aquafit 8:00am-8:45am Pool Kelly	Y Aquafit 8:30am-9:30am Pool Michelle	Y Aquafit 8:00am-8:45am Pool Kelly	Y Aquafit 8:00am-9:00am Pool Lisa	Y Aquafit 9:00am-9:45am Pool Alyson/Dylan	
				Yin Yoga 9:00am-10:15am Fitness Studio Laura		
Y Cycle 9:15am-10:15am Cycle Studio Gisela		Y Cycle 9:15am-10:15am Cycle Studio Martha	Y Cycle 9:15am-10:15am Cycle Studio Gary	Y Cycle 9:15am-10:15am Cycle Studio Gary	Y Cycle 9:15am-10:15am Cycle Studio Andrea	
Y Strength 9:15am-10:15am Gymnasium Sharon	Y Step 9:15am-10:15am Fitness Studio Karen	Y Sweat 9:15am-10:15am Gymnasium Jenn/Michelle	Y Step 9:15am-10:15am Fitness Studio Sharon	Y Sweat 9:15am-10:15am Gymnasium Tanya	Y Step 9:15am-10:15am Fitness Studio Krista	
Y Gentle Aquafit 10am-10:30am Pool Cheryl	Y Aquafit 10:15am-11:00am Pool Karen		Y Gentle Aquafit 10:00am-10:30am Pool Cheryl			Y Restorative Yoga 10:00am-11:15am Fitness Studio Sandra
	Q Strength 10:30am-11:15am Fitness Floor Angela			Y Step/Strength 10:30am-11:30am Fitness Studio Sharon	Y Dance 10:30am-11:30am Fitness Studio Monique *No class April 8*	
Y Gentle Cardio 10:45am-11:30am Gymnasium Carolyn	Equipment Orientation 10:30am-11:15am Velina	Y Gentle Cardio 10:45am-11:30am Gymnasium Pat		Y Gentle Cardio 10:45am-11:30am Gymnasium Pat/Carolyn		
Y Stretch 11:45am-12:30pm Fitness Studio Carolyn	Y Gentle Basics 11:30am-12:30pm MP2 Velina	Y Hatha Yoga 10:45am-11:45am Fitness Studio Michelle	Y Gentle Basics 11:30am-12:30pm MP2 Carolyn			
		Q.Strength Gentle Fit Floor 12p-12:45pm Pat		Q Strength Fit Floor 12p-12:45pm Angela		
		Q Strength Fit Floor 3:45pm-4:30pm Velina		Equipment Orientation 1:00pm-1:30pm Velina		
		Teen Orientation 4:30pm-5:00pm Velina			Hula-Hoop 3:00pm-4:00pm Fitness Studio Xio	
Y Sweat 5:30pm-6:30pm Gymnasium Josh	Y Vinyasa Yoga 5:30pm-6:30pm Fitness Studio Kate	Y Strength 5:45pm-6:45pm Gymnasium Karl	Y Vinyasa Yoga 5:30pm-6:30pm Fitness Studio Lisa			
Y Core Fitness Studio 6:45pm-7:30pm Sue		Y Hatha Yoga 6:45pm-7:45pm Fitness Studio Jenna	Y Sweat 6:45pm-7:45pm Gymnasium Sue			
Y Aquafit 7:15pm-8:00pm Alyson	Y Cycle 6:45pm-7:45pm Sue	Y Cycle 6:45pm-7:45pm Andrea	Y Aquafit 7:15pm-8:00pm Alyson/Michelle			

