# AUGUST GROUP EXERCISE SCHEDULE

| Monday | | | Tuesday | | | Wednesday | | | Thursday | | | Friday | | | Saturday | | Sunday |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Aerobic Room | Multi-Purpose Room | Fitness Studio | Aerobic Room | Multi-Purpose Room | Fitness Studio | Aerobic Room | Multi-Purpose Room | Fitness Studio | Aerobic Room | Multi-Purpose Room | Fitness Studio | Aerobic Room | Multi-Purpose Room | Fitness Studio | Aerobic Room | Multi-Purpose Room | Aerobic Room |
| | Cycle/Boot Camp 5:30-7 am Danielle K. | | Turbokick LIVE 5:30-6:30 am Beth | | | | | | P90X LIVE LIVE 5:15-6:15 am Emily | | | | Cycle/Boot Camp 5:30-7 am Jen P. | | | Kettlebell 6-6:30 am Danielle K. | |
| | Silver-Sneakers Circuit 8-8:45 am | Just for You 9-9:30 am | | | Just for You 9-9:30 am | | Silver-Sneakers Circuit 8-8:45 am | Just for You 9-9:30 am | | | Just for You 9-9:30 am | | Silver-Sneakers Circuit 8-8:45 am Beth | Just for You 9-9:30 am | RIP 8-8:55 am Gretchen/ Beth | PIYO LIVE 7-7:55 am Amanda | |
| Muscle Blast 9-9:55 am Marian | Pilates with Props 9-9:55 am Diane | Just for You 9:45-10:15 am | P90X LIVE 9:30-10:30 am Jen P. | Silver-Sneaker Classic 9-9:45 am Amy | Just for You 9:45-10:15 am | Muscle Blast 9-9:55 am Michaela | PIYO LIVE 9-9:55 am Jen/Diane | Just for You 9:45-10:15 am | Cycle/Boot Camp 9-10:10 am Candace/ Carol | Silver-Sneaker Classic 9-9:45 am Lois | Just for You 9:45-10:15 am | RIP 9-9:55 am Carol | Zumba® 9-9:55 am Julia C. | Just for You 9:45-10:15 am | Pilates Barre Plus 9-10:25 am Becky | POUND 8-8:55 am Michelle ***Limited Space** | |
| R.I.P.P.E.D 10-10:55 am Jen Kn. | Zumba®/ Zumba® Toning 10-10:55 am Julia | Just for You 10:30- 11 am | | Chair Yoga 9:45-10:30 am Lindsay | | Pilates Barre Plus 10-10:55 am Diane | Silver-Sneaker Yoga 10:15-11 am Lisa | Just for You 10:30- 11 am | Cardio Sculpt 10:15-11:15 am | Silver-Sneaker Yoga 9:45-10:30 am Beth | | Total Body 10:15-11:15 am Melissa | PIYO LIVE 10-10:55 am Jen/Diane | Just for You 10:30- 11 am | TURBOKICK LIVE 10:30-11:30 am Beth | POUND 9-9:55 am Michelle ***Limited Space** | |
| Line Dancing 11:15 am-12:45 pm Julia | Silver&Fit Experience 11:15 am-Noon Marian | Just for You 11-11:30 am | Cardio Sculpt 10:45-11:45 am Marian | Silver-Sneaker Circuit 10:30-11:15 am Martha | | Line Dancing 11:15 am-12:45 pm Julia | Silver-Sneaker Classic 11:15 am-Noon | Just for You 11-11:30 am | Beginner Line Dancing Noon-1:30 pm Marilyn | Silver-Sneaker Circuit 10:30-11:15 am Beth | | Line Dancing Noon-1:30 pm Marilyn | Silver&Fit Experience 11:15 am-Noon Deb | | | Zumba® 10-10:55 am Dawn | |
| | | | | | | | | | | | | | | | | | |
| Crosstraining 5:30-6:25 pm Corey | PIYO LIVE 530-6:25 pm Amanda/ Lisa | | Intermediate Yoga 5-6:25 pm Delphine | Step Up 5:30-6:25 pm Rhonda | AOA Just For You 4:30-5 pm | Tabata 5:30-6:15 pm Stacey | | | Intermediate Yoga 5-6:15 pm Janice | Step Up 5:30-6:25 pm Rhonda | AOA Just For You 4:30-5 pm | **NEW!!!!** WAR class by Power Music will be coming in September on Saturdays at 11 am! Preview this class with us!! **Sunday, August 21st at 5pm FREE TO COMMUNITY** | | | | | P90X LIVE 5-6 pm Emily |
| TURBOKICK LIVE 6:30-7:30 pm Beth | Zumba® 6:30-7:25 pm Margarita | Circuit PLUS 6-6:55 pm Nancy | Pilates Barre Plus 6:30-7:30 pm Jen/Tonya | Cycle/Boot Camp 6:30-7:45 pm Danielle K | | Abs N'at 6:15-6:45 pm Stacey | Boot Camp 6-6:55 pm Danielle K. | Circuit PLUS 6-6:55 pm Rhonda | P90X LIVE 6:30-7:25 pm Diane | PIYO LIVE 6:30-7:30 pm Lisa | | | | | | | |
| RIP 7:30-8:30 pm Beth | Beginning Yoga 7:30-8:25 pm Lindsay | | | | | Zumba® 7-8 pm Megan | TURBOKICK LIVE 7-7:55 pm Beth | | Hip Hop 7:30-8:15 pm Sierra | | | | | | | | |

# SEPTEMBER GROUP EXERCISE SCHEDULE

| Monday | | | Tuesday | | | Wednesday | | | Thursday | | | Friday | | | Saturday | | Sunday |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Aerobic Room | Multi-Purpose Room | Fitness Studio | Aerobic Room | Multi-Purpose Room | Fitness Studio | Aerobic Room | Multi-Purpose Room | Fitness Studio | Aerobic Room | Multi-Purpose Room | Fitness Studio | Aerobic Room | Multi-Purpose Room | Fitness Studio | Aerobic Room | Multi-Purpose Room | Aerobic Room |
| | Cycle/Boot Camp 5:30-6:45 am Danielle /Michaela | | Kettlebell 5:30-6:30 am Candace | | | | | | P90X LIVE LIVE 5:15-6:15 am Emily | | | | Cycle/Boot Camp 5:30-7 am Jen P. | | | Kettlebell 6:05-6:35 am Danielle K. | |
| | Silver-Sneakers Circuit 8-8:45 am Tiffany | Just for You 9-9:30 am Jen K. | | | Just for You 9-9:30 am Lindsay | | Silver-Sneakers Circuit 8-8:45 am Tiffany | Just for You 9-9:30 am Lisa | | | Just for You 9-9:30 am | | Silver-Sneakers Circuit 8-8:45 am | Just for You 9-9:30 am Tiffany | RIP 8-8:55 am Gretchen/ Beth | PIYO LIVE 7-7:55 am Amanda | |
| Muscle Blast 9-9:55 am Marian | Pilates with Props 9-9:55 am Diane | Just for You 9:45-10:15 am Shannon | P90X LIVE 9:30-10:30 am Jen P. | Silver-Sneaker Classic 9-9:45 am Amy | Just for You 9:45-10:15 am Jaime | Muscle Blast 9-9:55 am Michaela | PIYO LIVE 9-9:55 am Jen/Diane | Just for You 9:45-10:15 Amy G | Cycle/Boot Camp 9:15-10:30 am Candace/ Carol | Silver-Sneaker Classic 9-9:45 am Lois | Just for You 9:45-10:15 am Amy G | RIP 9-9:55 am Carol | Zumba® 9-9:55 am Julia C. | Just for You 9:45-10:15 am Tiffany | TURBOKICK LIVE 9-9:55 am Beth | POUND 9-9:55 am Michelle ***Limited Space** | |
| R.I.P.P.E.D 10-10:55 am Jen Kn. | Zumba®/ Zumba® Toning 10-10:55 am Julia | Just for You 10:30- 11 am Marion | | Chair Yoga 9:45-10:30 am Lindsay | | Pilates Barre Plus 10-10:55 am Diane | Silver-Sneaker Yoga 10:15-11 am Lisa | Just for You 10:30- 11 am Jen B | Cardio Sculpt 10:45-11:45 am Carol | Silver-Sneaker Yoga 9:45-10:30 am | | Total Body 10-10:55 am Melissa | PIYO LIVE 10-10:55 am Jen/Diane | Just for You 10:30- 11 am Tiffany | Pilates Barre Plus 10-10:55 am Becky | Zumba® 10-10:55 am Dawn | |
| Line Dancing 11:15 am-12:45 pm Julia | Silver&Fit Experience 11:15 am-Noon Marian | Just for You 11-11:30 am Jen K. | Cardio Sculpt 10:45-11:45 am Marian | Silver-Sneaker Circuit 10:30-11:15 Jen B. | | Line Dancing 11:15 am-12:45 pm Julia | Silver-Sneaker Classic 11:15 am-Noon Deb | Just for You 11-11:30 am Jen B | Beginner Line Dancing Noon-1:30 pm Marilyn | Silver-Sneaker Circuit 10:30-11:15 am | | AXIS (Core Work) 11-11:30 am Carol | Silver&Fit Experience 11:15 am-Noon Deb | | | WAR 11-11:55 am Stacey | |
| | | | | | | | | | | | | Line Dancing Noon-1:30 pm Marilyn | | | | | |
| Crosstraining 5:30-6:25 pm Corey | PIYO LIVE 530-6:25 pm Amanda/ Lisa | | Pilates Barre Plus 5:30-6:25 pm Jen | Step Up 5:30-6:25 pm Rhonda | AOA Just For You 4:30-5 pm Jen B | Gotta Tabata 5:30-6:25 pm Stacey | Hip Hop 5-5:55 pm Sierra | | Intermediate Yoga 5-6:15 pm Janice | Step Up 5:30-6:25 pm Rhonda | AOA Just For You 4:30-5 pm Jen B | **NEW!!!!** WAR class by Power Music will be coming in September! **Wednesdays at 6 pm** **Saturdays at 11 am** | | | | | P90X LIVE 5-6 pm Emily |
| TURBOKICK LIVE 6:30-7:30 pm Beth | Zumba® 6:30-7:25 pm Margarita | Circuit PLUS 6-6:55 pm Nancy | Beginner Yoga 6:30-7:30 pm | Cycle/Boot Camp 6:30-7:45 pm Danielle K | | Abs N'at 6:30-7 pm Stacey | WAR 6-6:55 pm Danielle K./Jen P. | Circuit PLUS 6-6:55 pm Rhonda | P90X LIVE 6:30-7:25 pm Diane | PIYO LIVE 6:30-7:30 pm Lisa | | | | | | | Water Boot Camp 6-7 pm Lap Pool Corey |
| RIP 7:30-8:30 pm Beth | POUND 7:30-8:25 pm Michelle | | | | | RIP 7-8 pm Beth | Zumba® 7-8 pm Megan | | | | | | | | | | |