

GROUP FITNESS SCHEDULE



Effective as of February 1, 2021

MON	TUES	WED	THURS	FRI
AQUA CARDIO 9:00am Instructor: Monika POOL	AQUA CARDIO 9:00am Instructor: Monika POOL CHAIR FITNESS 11:00am Instructor: Ann LIVE & VIRTUAL	AQUA CARDIO 9:00am Instructor: Becky POOL ZUMBA 9:30am Instructor: Nicole LIVE	AQUA CARDIO 9:00am Instructor: Monika POOL ZUMBA 9:30am Instructor: Madaline LIVE FUNCTIONAL FLEXIBILITY & BALANCE 11:00am Instructor: Ann LIVE	AQUA CARDIO 9:00am Instructor: Becky POOL
BOOTCAMP 6:00pm Instructor: Nicole LIVE & VIRTUAL	BOOTCAMP 5:30pm Instructor: Tamiko LIVE ZUMBA 6:30pm Instructor: Tamiko LIVE	TURBO KICK 6:00pm Instructor: Danielle LIVE & VIRTUAL	ZUMBA 5:30pm Instructor: Tamiko LIVE HIP HOP DANCE 6:00pm Instructor: Danielle VIRTUAL BOOTCAMP 6:30pm Instructor: Tamiko LIVE	<p>LIVE CLASSES IN THE GYM LIMITED TO 12 MEMBERS. SIGN UP AT THE FRONT DESK.</p> <p>VIRTUAL CLASSES ARE FREE TO MEMBERS. SIGN UP ON OUR WEBSITE.</p> <p>POOL CLASSES ARE LIMITED TO 9 MEMBERS. SIGN UP AT FRONT DESK.</p>