

# GROUP EX & AQUATICS | AUGUST

## MONDAY

6:00 am Strengthen with Vicki  
8:00 am Shallow Water with Helen  
8:30 am Core and More with Amanda  
9:00 am Shallow Water with Helen  
9:30 am Intervals with Jen  
10:30 am Yoga Fusion with Ellen  
4:30 pm Fit Camp with Amelia  
5:30 pm Outdoor Shallow Water with Sharon  
5:30 pm Spin with Stephanie  
7:00 pm Zumba with Beth

## WEDNESDAY

6:00 am Strengthen with Vicki  
8:00 am Shallow Water with Sharon  
8:30 am Spin with Matt  
8:30 am Cardio/Core with Kelly  
9:00 am Shallow Water with Sharon  
9:30 am Strengthen with Kelly  
10:30 am Foam Roll and Release with Jen  
4:30 pm Total Body with Jen  
5:30 pm Outdoor Shallow Water Tai Chi with Helen  
5:30 pm Spin with Gordon  
6:30 pm Yin Yoga with Dianne

## FRIDAY

6:00 am Total Body with Vicki  
8:00 am Shallow Water with Helen  
8:30 am Light Dumbbell with Vicki  
9:00 am Shallow Water with Helen  
9:30 am Cardio/Core with Vicki  
10:30 am Tri Yoga Flow with Mary

## SUNDAY

9:00 am Spin with Matt  
10:00 am Spin with Stephanie  
10:00 am Hatha Yoga with Dianne  
11:00 am Zumba with Tzipi  
1:00 pm Fitness and Friends with Clara/Tzipi

## TUESDAY

6:00 am Total Body with Vicki  
7:00 am Spin with Lisa/Lorry  
8:30 am Strengthen with Kelly  
9:00 am Shallow Water with Helen  
9:30 am Cardio/Core with Kelly  
9:30 am Barre with Amanda (Rm 117)  
10:00 am Deep Water with Helen  
10:45 am Functional Fitness with Jen  
5:00 pm Zumba with Tzipi  
5:30 pm HIIT Spin with Alicia  
6:00 pm Intervals with Clara  
7:00 pm Yin Yoga with Mary

## THURSDAY

6:00 am Spin with Lorry  
8:30 am Fit Camp with Jen/Vicki  
9:00 am Shallow Water with Sharon  
9:30 am Strengthen with Jen/Vicki  
10:00 am Deep Water with Helen  
10:45 pm Functional Fitness with Jen  
4:30 pm Yoga Fusion with Ellen  
5:00 pm Light Dumbbell Workout Amanda (Rm 117)  
5:30 pm Spin with Alice  
6:00 pm Barre with Amanda (Rm 117)  
7:00 pm Zumba with Beth

## SATURDAY

9:00 am Fit Camp with Amelia  
9:00 am Spin with Gordon  
10:00 am Spin with Gordon  
10:00 am Barre with Ellen (Rm 117)  
10:00 am Total Body Workout with Jen  
11:00 am Power Yoga with Ellen

\* Schedule is subject to change