

GROUP EX & AQUATICS | AUGUST

MONDAY

6:00 am Strengthen with Vicki
8:00 am Shallow Water with Helen
8:30 am Glutes & Guts with Amanda
8:30 am Spin with Kelly
9:00 am Shallow Water with Helen
9:30 am Intervals with Vicki
10:30 am Yoga Fusion with Ellen
4:30 pm Fit Camp with Erin
5:30 pm Strengthen with Erin
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 Cardio/Core with Kelly
9:00 am Shallow Water with Sharon
9:30 am Strengthen with Kelly
10:30 am Mat Pilates with Margie
4:30 pm Total Body with Jen
5:30 pm Shallow Water Tai Chi with Helen
5:30 pm Spin with Lorry
5:30 pm Barre with Amanda (in the Gallery)
6:30 pm Yin Yoga with Dianne

FRIDAY

6:00 am Strengthen 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 Intervals with Vicki
10:30 am TriYoga Flow with Mary

SUNDAY

9:00 am Power Yoga with Lindsay
10:00 am Spin with Stephanie
10:00 am Hatha Yoga with Dianne
11:00 am Zumba with Carrie
1:00 pm Fitness and Friends

TUESDAY

6:00 am Total Body with Vicki
8:30 am Strengthen with Kelly
9:00 am Shallow Water with Helen
9:30 am Barre with Amanda (in the Gallery)
9:30 am Balls, Bands, & Balance with Kelly
10:00 am Deep Water with Helen
10:45 am Functional Fitness with Jen
4:30 pm Strengthen with Alice
5:30 pm Zumba with Carrie
7:00 pm Yin Yoga with Mary

THURSDAY

6:00 am Spin with Lorry
8:30 am Total Body with Jen/Vicki
9:00 am Shallow Water with Sharon
9:30 am Barre with Amanda (in the Gallery)
9:30 am Strengthen with Jen/Vicki
10:00 am Deep Water with Helen
10:45 am Functional Fitness with Jen
4:30 pm Yoga Fusion with Ellen
5:30 pm Strengthen with Stephanie
7:00 pm Zumba with Beth

SATURDAY

9:00 am Spin with Matt
10:00 am Total Body with Jen
11:00 am Power Yoga with Ellen
11:00 am Core First with Jen (in the QueenAx)

