

# GROUP EXERCISE SCHEDULE

NOVEMBER 1-30

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8 - 8:45 a.m. STRETCH & STRENGTH AMY CV GYM	5:30 - 6:15 a.m. TONE & SCULPT AMY CV GYM	5:30 - 6:15 a.m. CYCLE MIKE HUNTER GYM	5:30 - 6:15 a.m. HIIT AMY CV GYM	5:30 - 6:15 a.m. CYCLE GEORGE HUNTER GYM	7 - 7:45 a.m. PUMP IT ADRIANE HUNTER GYM
9:15 - 10 a.m. TOTAL BODY WORKOUT AMY CV GYM	8 - 8:45 a.m. STRETCH CHRIS CV GYM	5:30 - 6:15 a.m. CARDIO PUMP AMY CV GYM	8:15 - 9 a.m. PILATES AMY CV GYM	5:30 - 6:15 a.m. CARDIO BARRE CHRIS CV GYM	8 - 8:45 a.m. PILATES AMY C.A.C.
5:45 - 6:30 p.m. BOOTCAMP LORI CV GYM	9:15 - 10 a.m. TONE & SCULPT AMY CV GYM	7 - 7:45 a.m. B.Y.O.B. (bring your own band) CHRIS C.A.C.	9:15 - 10 a.m. CARDIO BOX AMY CV GYM	7 - 7:45 a.m. YOGA CHRIS CV GYM	8:15 - 9 a.m. CYCLE ADRIANE HUNTER GYM
6 - 6:45 p.m. CYCLE PHYLLIS HUNTER GYM	9:15 - 10 a.m. CYCLE ADRIANE HUNTER GYM	8 - 8:45 a.m. BARRE AMY CV GYM	9:15 - 10 a.m. CYCLE ADRIANE HUNTER GYM	8:15 - 9 a.m. LOW IMPACT AMY C.A.C.	9:15 - 10 a.m. CARDIO PUMP AMY CV GYM
6:45 - 7:30 p.m. STEP & SCULPT AMY CV GYM	10:15 - 10:45 a.m. YOGILATES ADRIANE CV GYM	8 - 8:45 a.m. YOGA CHRIS C.A.C.	10:15 - 11 a.m. TOTALLY CORE CV GYM	9:15 - 10 a.m. CONDITIONING & CORE ADRIANE CV GYM	9:15 - 10 a.m. BOOTCAMP LAURA HUNTER GYM
	5:30 - 6:15 p.m. CYCLE LORI HUNTER GYM	9:15 - 10 a.m. PUMP IT AMY HUNTER GYM	5:30 - 6:15 p.m. CYCLE LAURA HUNTER GYM		<b>SUNDAY</b>
	6 - 6:45 p.m. CONDITIONING & CORE CASSY CV GYM	9:15 - 10 a.m. DANCE FITNESS CHRIS CV GYM	6 - 6:45 p.m. P90X CASSY CV GYM		
		6 - 6:45 p.m. MIX IT ADRIANE CV GYM			
		7 - 7:45 p.m. CARDIO JAM SHASTA CV GYM			8:30 - 9:15 a.m. TOTAL BODY WORKOUT CASSY CV GYM
					10:30 - 11:15 a.m. STRETCH AND STRENGTH CHRIS CV GYM

**This schedule is subject to change.**

**ALL classes are FREE for members as a benefit.**

**All classes require registration and are available three days in advance.**