

GROUP EXERCISE SCHEDULE

SEPTEMBER 1-30

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|---|---|---|--|---|
| 8 - 8:45 a.m. STRETCH & STRETCH 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 PAVILION |
| 5:45 - 6:30 p.m. BOOTCAMP LORI ATHLETIC FIELD | 9:15 - 10 a.m. TONE & SCULPT AMY CV GYM | 7:15 - 8 a.m. B.Y.O.B. (bring your own band) CHRIS PAVILION | 9:15 - 10 a.m. CARDIO BOX AMY CV GYM | 7 - 7:45 a.m. YOGA CHRIS HUNTER 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 CV 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 PAVILION | 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 | 8:15 - 9 a.m. YOGA CHRIS PAVILION | 10:15 - 11 a.m. CORE WITH PROPS ADRIANE CV GYM | 9:15 - 10 a.m. CONDITIONING & CORE ADRIANE CV GYM | 9:15 - 10 a.m. BOOTCAMP LAURA WARRIOR COURSE |
| | 11:30 - 12:15 p.m. TONE & SCULPT LAURA CV GYM | 9:15 - 10 a.m. PUMP IT AMY HUNTER GYM | 5:30 - 6:15 p.m. CYCLE LAURA HUNTER GYM | 12 - 12:45 p.m. TOTAL BODY WORKOUT LORI CV GYM | 10:15 - 11 a.m. TOTAL BODY WORKOUT AMY PAVILION |
| | 5:30 - 6:15 p.m. CYCLE LORI HUNTER GYM | 9:15 - 10 a.m. DANCE FITNESS CHRIS CV GYM | 6 - 6:45 p.m. P90X CASSY CV GYM | | SUNDAY |
| | 6 - 6:45 p.m. CONDITIONING & CORE CASSY CV GYM | 6 - 6:45 p.m. MIX IT ADRIANE CV GYM | | | 8:30 - 9:15 a.m. TOTAL BODY WORKOUT CASSY CV GYM |
| | | 6:30 - 7:15 p.m. CARDIO JAM SHASTA PAVILION | | | 10:30 - 11:15 a.m. STRETCH & STRENGTH CHRIS PAVILION |

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.