

# Group Fitness Schedule

## Monday

8:00-9:00 AM	Steppin' Up (Melanie)
9:15-10:15 AM	Fit Forever (Linda)
10:30-11:30 AM	Chair Yoga (Linda)
5:30-6:45 PM	Kettlebell Yoga (Jan)
7:00-8:00 PM	Cardio Cycle (Veronica)

## Tuesday

8:00-9:00 AM	Step & Tone (Melanie)
9:15-10:15AM	Silver Sneakers Classic (Dina)
10:30-11:30 AM	Dance Cardio (Paul)
5:30-6:30 PM	Zumba (Nayda)
6:45-7:45 PM	Power Flow Yoga (Tiya)

## Wednesday

6:00-7:00 AM	Functional Fitness (Melissa)
8:00-9:00 AM	Steppin' Up (Melanie)
9:15-10:15 AM	Fit Forever (Linda)
10:30-11:30 AM	Chair Yoga (Linda)
5:30-6:30 PM	Gentle Yoga (Tiya)

## Thursday

8:00-9:00 AM	Step & Tone (Melanie)
9:15-10:15 AM	Silver Sneakers Classic (Dina)
10:30-11:15 AM	Tabata (Paul)
5:30-6:15 PM	Zumba Step (Nayda)

## Friday

6:00-7:00 AM	Functional Fitness (Melissa)
9:15-10:15AM	Fit Forever (Linda)
9:00-10:15 AM	Kettlebell Yoga (Jan) <b>A&amp;B</b>
10:30-11:30 AM	Chair Yoga (Linda)

## Saturday

9:00-10:00 AM	Steppin' Up (Melanie)
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- Group fitness classes are included in Annual and Monthly memberships.
- Single class passes are \$5 per class.
- Classes are subject to be cancelled or changed without prior notice.
- All classes will be held in the Group Fitness Studio unless otherwise denoted on the schedule.
- Please notify the instructor before class if you are