

GROUP EXERCISE SCHEDULE WINTER 2020



Monday		Tuesday		Wednesday		Thursday		Friday	
STUDIO A	STUDIO B	STUDIO A	STUDIO B	STUDIO A	STUDIO B	STUDIO A	STUDIO B	STUDIO A	STUDIO B
			6:30-7:15 Well Built <i>Kordi</i>						
11:30-12:15 Power Cycle <i>Shona</i>	11:30-12:15 Step Pump <i>Kordi</i>	11:30-12:15 Hard Core Cycle <i>Marie</i>	11:30-12:00 Well Built Express <i>Kirsten</i>	11:30-12:15 Wicked Watts <i>Andrea</i>	11:30-12:15 Super Circuit <i>Darrel</i>		11:30-12:00 Core & More Express <i>Kirsten</i>		11:30-12:15 Well Built <i>Kordi</i>
						11:45-12:15 Cycle Express <i>Angie</i>	12:00-12:15 Stretch Express <i>Kirsten</i>		
	12:20-1:05 Metabolic Mash-up <i>Judi</i>		12:20-1:05 Yoga <i>Julia</i> <i>Please bring a mat</i>		12:20-1:05 Total Body Blitz <i>Angie</i>		12:20-1:05 Barre <i>Trudy</i>		12:20-1:05 Yoga <i>Trudy</i> <i>Please bring a mat</i>

*Class instructor may vary due to injury/illness.

Class sign-up occurs 15 minutes prior to class start time at main fitness desk.

This is a dynamic schedule and will change with member needs.

Classes may not run with 3 or less participants.