

# GROUP EXERCISE SCHEDULE Fall 2022



Monday	Tuesday	Wednesday	Thursday	Friday
	<b>Well Built</b> <i>Kordi</i> 6:30-7:15 <b>New Class!</b>			
<b>Power Cycle</b> <i>Shannon</i> 11:30-12:15	<b>Total Body Blitz</b> <i>Marie</i> 11:30-12:15	<b>New class format!</b> <b>Cycle Express</b> <i>Angie</i> 11:30-12:00	<b>Well Built</b> <i>Kordi</i> 11:30-12:15	
		<b>Core and More</b> <i>Trudy</i> 12:10-12:55 <b>New class!</b>		<b>Yoga</b> <i>Trudy</i> 12:00-12:45 Please bring a Yoga mat
<b>Step**</b> <i>Kordi</i> 12:20-1:05 <b>New Class!</b>	<b>Stretch and Mobility</b> <i>Marie</i> 12:20-12:50			

\*Begins September 6, 2022

\*\*Step class begins September 19th

\*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.