

# GROUP EXERCISE SCHEDULE Summer 2024

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Power Cycle</b> <i>Shannon</i> 11:30-12:15	<b>Total Body Blitz</b> <i>Kordi</i> 11:30-12:15	<b>HIIT and Core</b> <i>Angie</i> 11:45-12:30	<b>Super Circuit</b> <i>Kordi</i> 11:45-12:30	
<b>Core Express</b> <i>Trudy</i> 12:20-12:50 <b>*Step dates listed below (12:20-1:05)</b>	<b>Yoga</b> <i>Leah</i> 12:20-1:05 <b>Please bring a Yoga mat</b>		<b>NEW!</b>	<b>Yoga</b> <i>Trudy</i> 12:00-12:45 <b>Please bring a Yoga mat</b>

Begins July 2<sup>nd</sup>, 2024

\*Class instructor may vary due to injury/illness

\*Step with Kordi: July 15<sup>th</sup> & August 12<sup>th</sup>

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.