

# GROUP EXERCISE SCHEDULE Winter 2025



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>Well Built</b> <i>Angie</i> 11:45-12:30	<b>Super Circuit</b> <i>Kordi</i> 11:45-12:30	
<b>Core and More</b> <i>Trudy</i> 12:20-1:05 <b>New Time!</b>	<b>Yoga</b> <i>Janine</i> 12:20-1:05 Please bring a Yoga mat			<b>Yoga</b> <i>Trudy</i> 12:00-12:45 Please bring a Yoga mat

Begins January 6, 2025

\*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.