



EXTENDED FACILITY SHUT DOWN **GROUP EXERCISE SCHEDULE** **AUGUST 28-SEPTEMBER 4**

All classes will be held in the Group Exercise Studio unless indicated otherwise.

Monday, August 28

- ❖ 5:45-6:45am Total Body Conditioning w/Amy K.
- ❖ 9-9:45am Aqua w/Amy H. – pool
- ❖ 9-9:55am Core Fusion w/Jodi
- ❖ 10-10:55am Stretch It Out w/Jodi
- ❖ 11:15-12pm Chair Yoga w/Steve
- ❖ 4:30-5:30pm TBC w/Kendall
- ❖ 6-7pm Gentle/Beginning Yoga w/Pat
- ❖ 7-8:30pm Continuing Yoga w/Pat

Tuesday, August 29

- ❖ 5:45-6:45am Warrior w/Amy K.
- ❖ 7:30-8:30am HIIT w/Jodi
- ❖ 8:30-9:45am Yoga Tone w/Nicole – outside south entrance/covered area
- ❖ 9-10am Warrior w/Jodi
- ❖ 9-9:45am Aqua w/Amy H. - pool
- ❖ 6:15-7:30pm Yoga w/Steve
- ❖ 7:30-8:15pm Yin Yoga w/Steve

Wednesday, August 30

- ❖ 6-7am Group Cycle w/Carol
- ❖ 9-10am Full Body Strength w/Ellen
- ❖ 10:15-11:15am WERQ w/Lee
- ❖ 5:30-6:30pm Pulse Barre w/Lee

Thursday, August 31

- ❖ **6-7am Yoga w/Steve**
- ❖ **7:30-8:30am Tabata & More w/Jodi**
- ❖ **8:30-9:45am Yoga Tone w/Nicole – outside south entrance/covered area**
- ❖ **9-10am Total Body Conditioning w/Sheri**
- ❖ **9-9:45am Aqua w/Amy H. – pool**
- ❖ **10-10:30am Core w/Sheri**
- ❖ **4:30-5:30pm Total Body Conditioning w/Jodi**
- ❖ **6-7pm Yoga w/Pat**

Friday, September 1

- ❖ **9-9:45am Qigong w/Lisa**
- ❖ **10-11am Yoga w/Lisa**

Saturday, September 2

- ❖ **7:05-7:55am Group Cycle w/Carol**
- ❖ **8-8:50am Dance Fusion w/Debbie**
- ❖ **9-10am Tabata & More w/Jodi**
- ❖ **10:15-11am WERQ w/Lee**
- ❖ **11:10-11:55am Pulse Barre w/Lee**
- ❖ **11:30am-12:15pm Aqua w/Amy H. – pool**

Sunday, September 3

- ❖ **9-9:50am Full Body Strength w/Lee**
- ❖ **10-10:50am Zumba w/Lee**

Monday, September 4 – Labor Day Holiday Hours 7am-Noon

- ❖ **9-9:50 Pulse Barre w/Lee**
- ❖ **10-10:45am Mat Pilates w/Ellen**

