

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00a – 9:00a Group Cycling Sean		9:00 – 10:00a Kickboxing Esther		9:00 – 10:00a Silver Sneakers Gina		8:00a – 9:00a Group Cycling Sean
10:00a – 10:30a Pilates Gina		10:00 – 11:00a Sculpt Esther			9:00 – 10:00a Group Cycling Gina	9:15a – 10:15a Strength & Conditioning Brandi
10:30a – 11:00a Sculpt/Step Gina	9:15a – 10:00a SilverSneakers Gina		10:00a – 11:00a Group Cycling Ester		10:00a – 11:00a Yoga (All levels) Gina	10:15a – 11:15a Zumba® Connie
12:15p – 1:15p PiYo® Kayla						11:30a – 12:00p Group Cycling (Intro) Gina
1:30p – 2:30p HIIT Cardio Kara		6:15 – 7:10p Zumba® Kristy	6:15 – 7:00p Group Cycling (Intro) Sean			12:00p – 12:30p Yoga Gina
2:45p – 3:45p Line Dancing! Virginia	6:00 – 7:00p Zumba® Connie	7:15p – 8:15p Strength & Conditioning Brandi	7:15p – 8:15p Zumba® Connie	6:00 – 6:55p Strength & Conditioning Brandi	6:30 – 7:30p Barre Connie	
	7:15 – 8:15p Pilates Gina			7:10p – 8:00p Group Cycling Sean		

McIntyre Square