

GROUP FITNESS SCHEDULE 2021

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:15-9:00A.M.						POUND WITH CHRIS
8:30-9:20A.M.	TABATA W/BETTY	STEP IT UP WITH ANN	CARDIO HIP HOP WITH ANN	BASIC STEP~TONE WITH NANCY	RUMBLE WITH ANN	
9:15A.M.-10:00A.M.						ZUMBA® w/Mavis
9:30-10:20A.M.	PILATES WITH MARLENE		KETTLEBELL AMPD WITH ANNE & BETTY			
10:15AM-11:00AM		<i>SilverSneakers®</i> MSROM WITH MAVIS		<i>SilverSneakers®</i> MSROM WITH LYNETT		WILD CARD WITH ANN/SARAH/BETTY
11:15AM-12:00PM	<i>SilverSneakers®</i> MSROM WITH LYNETT		<i>SilverSneakers®</i> MSROM WITH BRITTANY		<i>SilverSneakers®</i> MSROM WITH BRITTANY	
12:15-1:00PM	FLOW YOGA WITH SARA				FLOW YOGA WITH SARA	
4:30-5:20.M.		ZUMBA® w/Mavis	TABATA WITH BETTY	ZUMBA® w/Mavis		
5:30-6:20P.M.	RUMBLE WITH ANN	R.I.P.P.E.D.® WITH ANN	POUND WITH CHRIS	KETTLEBELL AMPD WITH ANN		
6:30-7:20PM	POUND WITH CHRIS		CARDIO HIP HOP WITH ANN	TOTALLY TONE WITH SARAH		
					REVISED ON 4/5/21	

*Indicates an additional fee is required to participate in this class.