

GROUP FITNESS SCHEDULE 2022

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:15-9:10A.M.						POUND WITH CHRIS
8:30-9:25A.M.	TABATA W/BETTY	STEP IT UP WITH ANN	CARDIO HIP HOP WITH ANN	BASIC STEP~TONE WITH NANCY	RIPPED WITH ANNE & BETTY	
9:15A.M.-10:10A.M.						ZUMBA® w/Mavis
9:30-10:00AM		PILATES WITH JANET		KILLER ABS WITH NANCY		
9:30-10:25A.M.	PILATES WITH MARLENE		THE BLEND WITH ANNE & BETTY		GENTLE MORNING YOGA WITH CHELSEA	
10:15AM-11:00AM		<i>SilverSneakers</i> ® MSROM WITH MAVIS		<i>SilverSneakers</i> ® MSROM WITH ANN		
11:15AM-12:00PM	<i>SilverSneakers</i> ® MSROM WITH Ann		<i>SilverSneakers</i> ® MSROM WITH Ann		<i>SilverSneakers</i> ® MSROM WITH Ann	
12:15-1:00PM	CHAIR YOGA WITH SARAH		MIDDAY YOGA WTH CHELSEA	PILATES WITH JANET		
4:30-5:25.M.		ZUMBA® w/Mavis		ZUMBA® w/Mavis		
5:00-5:50PM					R.I.P.P.E.D.® WITH MAVIS	
5:30-6:25P.M.	RUMBLE WITH ANN	R.I.P.P.E.D.® WITH ANN	POUND WITH CHRIS	STEP IT UP WITH ANN		
6:30-7:25PM	POUND WITH CHRIS	CARDIO HIP HOP WITH KRISTIAN				
				REVISED ON 8/4/22		

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