



## GROUP FITNESS SCHEDULE 2022

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:15-9:10A.M.						<b>POUND WITH CHRIS</b>
8:30-9:25A.M.	<b>TABATA W/BETTY</b>	<b>STEP IT UP WITH ANN</b>	<b>CARDIO HIP HOP WITH ANN</b>	BASIC STEP~TONE WITH NANCY	<b>RUMBLE WITH ANN</b>	
9:15A.M.-10:10A.M.						<b>ZUMBA® w/Mavis</b>
9:30-10:25A.M.	<b>PILATES WITH MARLENE</b>		KETTLEBELL AMPD 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 BRITTANY		<i>SilverSneakers®</i> MSROM WITH BRITTANY		<i>SilverSneakers®</i> MSROM WITH BRITTANY	
12:15-1:00PM			<b>MIDDAY YOGA WTH CHELSEA</b>	PILATES WITH JANET		
4:30-5:25.M.		<b>ZUMBA® w/Mavis</b>		ZUMBA® w/Mavis		
5:00-5:50PM					<b>R.I.P.P.E.D.® WITH MAVIS</b>	
5:30-6:25P.M.	<b>RUMBLE WITH ANN</b>	<b>R.I.P.P.E.D.® WITH ANN</b>	<b>POUND WITH CHRIS</b>	KETTLEBELL AMPD WITH ANN		
6:30-7:25PM	<b>POUND WITH CHRIS</b>	<b>CARDIO HIP HOP WITH KRISTIAN</b>				
					REVISED ON 12/28/21	
*Indicates an additional fee is required to participate in this class.						
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