

GROUP FITNESS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:45-7:30am Morning Burn-Erika	6:45-7:30am Stretch Express-Erika	6:45-7:30am Morning Burn-Erika	6:45-7:30am Morning Burn-Erika	6:45-7:30am Circuit Express- Erika
8:30-9:30am Cardio Mix-Noeline	8:00-8:45am Chair Yoga- Heather	8:30-9:30am Cardio Mix-Noeline	9:00-9:45am Stretch Express- Erika	8:30-9:30am Cardio Mix-Noeline
9:45-10:30am Silver Sneakers Circuit-Noeline	9:00-9:45am Cardio Mix-Melody	9:45-10:30am Silver Sneakers Circuit-Noeline	10:00-10:45am Zumba Gold- Sue	9:45-10:30am Silver Sneakers Circuit-Noeline
10:45-11:30am Advanced Tai Chi-Lance	10:00-10:45am Silver Sneakers Classic-Melody	10:45-11:30am Advanced Tai Chi-Lance	11:00-11:45am Dance Cardio- Melody	10:45-11:30am Stretch/Balance-Erika
12:00-1:00pm Arm Attack-Noeline	11:00-11:45am Sit and Be Fit-Erika	12:00-1:00pm Below the Belt- Noeline		12:00-1:00pm Interval Express- Noeline
1:30-2:15pm Chair Fitness-Noeline	2:00-2:45 pm Mindful Moments *9/3- 9/24*	1:30-2:15pm Chair Fitness-Noeline		1:30-2:15pm Chair Fitness-Noeline
2:30-3:15pm Beginner Tai Chi-Lance	3:00-4:00pm Multi-level Yoga-Paula	2:30-3:15pm Beginner Tai Chi-Lance		
4:00-5:00pm Multi-level Yoga-Paula		4:00-5:00pm Multi-level Yoga-Paula		
5:00-6:00pm Totally Pink- Tiffany (9/9- 11/18)		5:00-6:00pm Totally Pink- Tiffany (9/4-11/20)	<p>Mark your calendars now:</p> <p>Member Appreciation BBQ Bash!</p> <p>Tuesday, October 8th from 12-2pm. Free for members.</p> <p>Sign up on the fitness counter.</p>	