

The Health Club

Spring 2017 Group Exercise Schedule

	Mon	Tue	Wed	Thur	Fri	Sat	Sun
5:15am	TRX		TRX		TRX		
5:30am	5:15am Kristy		5:15am Kristy		5:30am Stephanie		
8:00am	Body Sculpt	Yoga	TRX	Yoga	Pliates	Yoga	
	Dawna	Karen	8:15 Dawna	Thomas	Karen	Karen	
9:00am	High Dance	High Octane	Kick it up	Turbo-kick	Pump & Crunch	High Dance	
	Fitness	Dawna	(All kinds of Cardio)	Lauri	Sara Gae	Fitness	
	Lauri		Dawna			Lauri	
9:00 am Multi-purpose Room					Spin		
					Dawna/Lauri		
10:00am	Senior Fitness	Senior	Senior	Senior	Senior	10:00	
	Karen	Yoga	Fitness	Fit-Yoga	Fitness	Power Step	
		Becca	Karen	Thomas	Karen	Katy	
11:00am	Silver		Silver		Silver		
	Sneakers		Sneakers		Sneakers		
	Becca		Becca		Becca		
3:30pm							3:30-5:00
							Pump & Crunch+
							Katy
5:00pm				High Gear			
				Sarah			
5:15 Multi-purpose Room							
5:30pm	HIT	Yoga	TRX-				
	(High interval training)	Karen	BootCamp				
	Sara Gae		Stephanie				
8:00pm	8:00pm			8:00pm			
	AMP			Pump & Crunch			
	Becca			Katy			

**New AMP-Becca- All out cardio with burst of
Muscle pumps and
Power jumps!!!!**