

The Health Club

Fall 2017

Group Exercise Schedule

| | Mon | Tue | Wed | Thur | Fri | Sat | Sun |
|---|--|--|---|---|---|---|---|
| 5:15am 5:30am | TRX 5:15am Kristy | | TRX 5:15am Kristy | | | | |
| 8:00am | Body Sculpt Dawna | Yoga Karen | TRX 8:15 Dawna | Yoga Thomas | | Yoga Karen | |
| 9:00am | High Dance Fitness Lauri | High Octane Dawna | Kick it up <small>(All kinds of Cardio)</small> Dawna | Turbo-kick Lauri | Cardio Pump Sara Gae | High Dance Fitness Lauri | |
| 9:00 am Multi-purpose Room | | | | | Cycle Dawna/Lauri | | |
| 10:00am | Senior Fitness Karen | Senior Yoga Becca | Senior Fitness Karen | Senior Fit-Yoga Thomas | Senior Fitness Karen | 10:00 Power Step Katy | |
| 11:00am | Silver Sneakers Becca | | Silver Sneakers Becca | | Silver Sneakers Becca | | |
| 3:30pm | | | | | | | 3:30-5:00 Pump& Crunch+ Katy |
| 5:00pm | | | | High Gear Sarah | | | |
| 5:00 Multi-purpose Room | * Cycle Kellie | * Cycle Kellie | * Cycle Kellie | * Cycle Kellie | * Cycle Kellie | | |
| 5:30pm | HIT <small>(High interval training)</small> Sara Gae | Yoga Karen | | | | | |
| 8:00pm | 8:00pm AMP Becca | | | 6:00pm Pump& Crunch Katy | | | |

*** Cycle Class Mon-Fri 5:00 PM**
Fri 9:00 AM