

The Health Club

Summer 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	Cardio Pump	High Dance	
	Fitness Lauri	Dawna	Dawna	Lauri	Sara Gae	Fitness Lauri	
9:00 am					Cycle		
Multi-purpose Room					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	Yoga	TRX-				
	(High interval training) Sara Gae	Karen	BootCamp Stephanie				
6:00 pm				6:00pm Pump& Crunch Katy			
8:00pm	8:00pm AMP						
	Becca						

Fri 9:00 AM

*** Cycle Classes Mom-Fri 5:00 PM**