

HEALTHY LIVING

Group Exercises Schedule



SEPTEMBER

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:30am-6:15	Y-FIT Andy	Y-FIT Andy		Y-FIT Andy	
8:15am-8:45		TABATA Nicki		TABATA Nicki	
9am-9:45	YOGA Kim	SCULPT Brandi	LOW IMPACT Kim	SCULPT Brandi	LOW IMPACT Kim
10am-10:45	POUND Brandi	FLOW YOGA Terrie	POUND Brandi	LOW IMPACT Terrie	CORE KICKBOXING Brandi
11am-11:45	YOGA Brandi	YOGA MOTION Terrie	YOGA Brandi	FLOW YOGA Terrie	
12:30pm-2:00pm	OCTANE CIRCUIT Richard	OCTANE CIRCUIT Richard	OCTANE CIRCUIT Richard	OCTANE CIRCUIT Richard	
4:30pm-5:15	STEP & SCULPT Kelsey		STEP & SCULPT Kelsey		
5:00pm-6:00					ZUMBA Frank
5:30pm-6:15	BALLET FIT Haley	VITALITY YOGA Sarah	JUMP-N-PUMP Jessie	BALLET FIT Haley	
6:30pm-7:15		POWER RIDE Amy	SPIN Cameron	VITALITY YOGA Sarah	