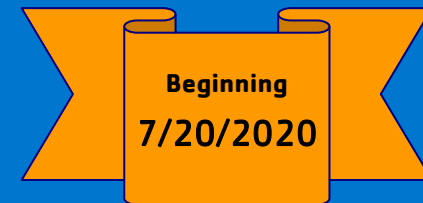


VIRTUAL & IN PERSON GROUP EXERCISE



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



VIRTUAL SCHEDULE

MONDAY

SPIN
Jen
7:30 am
INTERVALS
Suzi
8:30 am

SENIOR WALKING CLUB
Katie
9:00 am
15/15/15
Jackie
9:30 am

STRENGTH
Suzi
9:30 am

BODYWEIGHT CARDIO
Tessa
4:30 pm

YOGA ~ Outside
Karen
5:30 pm

SPIN
Dave
5:30 pm
12CAP

TUESDAY

CORE & MORE
Jen
7:30 am

BODY PUMP
Tessa
9:00 am
CAP 12

BODY WEIGHT CARDIO
Suzi
9:30 am

SENIOR STRONG
Suzi
11:00 am

R.I.P.P.E.D
Laura B
5:00 pm
CAP 12

SPIN
Suzi
5:30 pm

WEDNESDAY

METCON
Jackie
7:30 am

YOGA ~ Outside
Melissa
9:00 am

CARDIO DANCE
Sue B
9:30 am
CAP 12

LIFT
Jackie
9:30 am

PILATES
Laura
5:30 pm
CAP 12

ZUMBA
Laura T
6:30 pm

THURSDAY

ABS & STRETCH
Jackie
8:30 am

BOOTY BELLY BURN
Suzi
9:30 am

SPIN
Scotti
5:30 pm
CAP 12

ZUMBA
Vicki
5:30 pm

FRIDAY

BOOTY BELLY BURN
Suzi
8:30 am

STRENGTH
Suzi
9:30 am

LIFT
Terri
5:30 pm

SATURDAY

CORE & MORE
Jen
7:30 am

KICKBOXING ~ Gym
Tessa
7:30 am
CAP 24

STRENGTH
Suzi
8:00 am

ZUMBA ~ Gym
Vicki
9:00 am
CAP 24

SPIN
Suzi
9:30 am

SUNDAY

BOOT CAMP ~ Gym
Scotti
7:30 am
CAP 24

YOGA ~ Gym
Rebecca
9:00 am
CAP 24

KEY:

ZOOM CLASS

FACEBOOK LIVE CLASS

IN PERSON CLASS