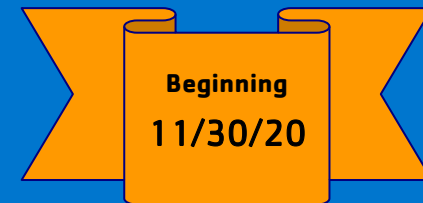


VIRTUAL & IN PERSON GROUP EXERCISE



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



VIRTUAL SCHEDULE

	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>	<u>SUNDAY</u>
	SPIN Jane 5:45 am <i>CAP 11</i>					CORE & MORE Jen 7:30 am	
	SPIN Jen 7:30 am	CORE & MORE Jen 7:30 am		STEP & PILATES Mary 9:00 am <i>CAP 9</i>	YOGA Aubrey 9:00 am <i>CAP 11</i>	STRENGTH Suzi 8:00 am	
		BODY PUMP Tessa 9:00 am <i>CAP 9</i>				COMBAT Tessa 8:00 am <i>CAP 9</i>	Spin Scotti 8:00 am <i>CAP 11</i>
	YOGA Melissa 9:30 am <i>CAP 11</i>	BOOT BELLY BURN Suzi 9:30 am	CARDIO DANCE Sue B 9:30 am <i>CAP 9</i>	BW CARDIO Suzi 9:30 am	CARDIO/STRENGTH Suzi 9:30 am	YOGA Activity Ctr Terry 8:30 am <i>CAP 11</i>	YOGA Rebecca 9:30 am <i>CAP 11</i>
	STRENGTH Suzi 9:30 am	SENIOR STRONG Suzi 11:00 am				SPIN Suzi 9:00 am	
		R.I.P.P.E.D Laura B 5:00 pm <i>CAP 9</i>				ZUMBA Vicki 9:30 am <i>CAP 9</i>	
	SPIN Dave 5:30 pm <i>CAP 11</i>		PUMP Vicki 5:30 pm <i>CAP 9</i>	SPIN Scotti 5:30 pm <i>CAP 11</i>	LIFT Terri 5:30 pm <i>CAP 9</i>		

**For everyone's safety, our class sizes are limited for now. And masks must be worn in all classes. We appreciate your understanding.

KEY:

FACEBOOK LIVE CLASS
IN PERSON CLASS