

# IN PERSON & VIRTUAL GROUP EXERCISE



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

Effective  
1.4.2021

## MONDAY

**SPINNING**  
**MIRA**  
5:30am

## TUESDAY

**STRENGTH & BALANCE**  
**JOCELYN**  
8:30am

## WEDNESDAY

**SPINNING**  
**SCOTT**  
5:30am

## THURSDAY

**SENIOR CARDIO**  
**Tanya**  
8:30am

## FRIDAY

**SENIOR CARDIO**  
**Tanya**  
8:30am

## SATURDAY

**SPINNING**  
**HEIDI**  
8:15am

**STT**  
**TANYA**  
9:30am

## SUNDAY

**ZUMBA**  
**CARLA**  
6:00pm

KEY:

LOCATION:

IN PERSON INSIDE	GROUP EX B/C
IN PERSON INSIDE	GYMNASIUM
IN PERSON INSIDE	WHEELER ROOM