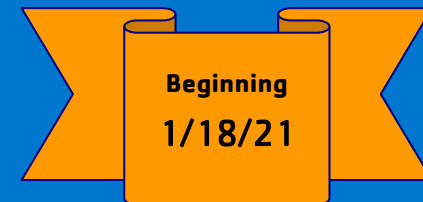


# VIRTUAL & IN PERSON GROUP EXERCISE



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



VIRTUAL & IN PERSON SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p><b>SPIN</b> Jane 5:45 am <i>CAP 20</i></p>					<p><b>CORE &amp; MORE</b> Jen 7:30 am</p>	
<p><b>SPIN</b> Jen 7:30 am</p>	<p><b>CORE &amp; MORE</b> Jen 7:30 am</p>				<p><b>STRENGTH</b> Suzi 8:00 am</p>	
		<p><b>YOGA</b> Sun Salutations Melissa 9:00 am <b>**ACTIVITY CENTER</b> <i>CAP 20</i></p>	<p><b>STEP &amp; PILATES</b> Mary 9:00 am <i>CAP 17</i></p>	<p><b>YOGA</b> Aubrey 9:00 am <i>CAP 20</i></p>	<p><b>COMBAT</b> Tessa 8:00 am <i>CAP 17</i></p>	<p><b>Spin</b> Scotti 8:00 am <i>CAP 20</i></p>
<p><b>YOGA</b> Melissa 9:30 am <i>CAP 20</i></p>	<p><b>BOOT BELLY BURN</b> Suzi 9:30 am</p>	<p><b>CARDIO DANCE</b> Sue B 9:30 am <i>CAP 17</i></p>	<p><b>BW CARDIO</b> Suzi 9:30 am</p>	<p><b>CARDIO/STRENGTH</b> Suzi 9:30 am</p>	<p><b>YOGA</b> Terry 8:30 am <b>**ACTIVITY CENTER</b> <i>CAP 20</i></p>	<p><b>YOGA</b> Rebecca 9:30 am <i>CAP 20</i></p>
<p><b>STRENGTH</b> Suzi 9:30 am</p>	<p><b>SENIOR STRONG</b> Katie 10:00 am <i>CAP 17</i></p>				<p><b>SPIN</b> Suzi 9:00 am</p>	
	<p><b>SENIOR STRONG</b> Suzi 11:00 am</p>				<p><b>ZUMBA</b> Vicki 9:30 am <i>CAP 17</i></p>	
<p><b>SPIN</b> Dave 5:30 pm <i>CAP 20</i></p>	<p><b>R.I.P.P.E.D</b> Laura B 5:00 pm <i>CAP 17</i></p>	<p><b>PUMP</b> Vicki 5:30 pm <i>CAP 17</i></p>	<p><b>SPIN</b> Scotti 5:30 pm <i>CAP 20</i></p>	<p><b>LIFT</b> Terri 5:30 pm <i>CAP 17</i></p>		

**\*\*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