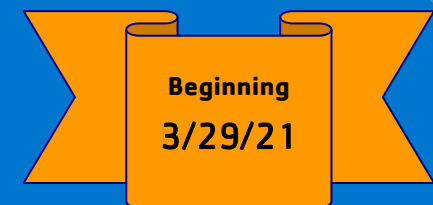


# VIRTUAL & IN PERSON GROUP EXERCISE



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



VIRTUAL & IN PERSON 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	CORE & MORE Jen 7:30 am				CORE & MORE Jen 7:30 am	
	SPIN Jen 7:30 am	BARRE Diana **STUDIO 2 9:30 am	YOGA Sun Salutations Melissa 9:00 am **ACTIVITY CENTER	STEP & SCULPT Mary 9:00 am	YOGA Aubrey 9:00 am	STRENGTH Suzi 8:00 am	Spin Scotti 8:00 am
	YOGA Melissa 9:30 am	BOOT BELLY BURN Suzi 9:30 am	CARDIO DANCE Sue B 9:30 am		CARDIO/STRENGTH Suzi 9:30 am	COMBAT Tessa 8:00 am	
	STRENGTH Suzi 9:30 am	SENIOR STRONG Katie 9:30 am **ACTIVITY CENTER			SENIOR STRONG Katie 9:30 am **ACTIVITY CENTER	YOGA Terry 8:30 am **ACTIVITY CENTER	YOGA Rebecca 9:30 am
		SPIN Diana 11:00 am				SPIN Suzi 9:00 am	
		SENIOR STRONG Suzi 11:00 am				ZUMBA Vicki 9:30 am	
	SPIN Dave 5:30 pm	R.I.P.E.D Laura B 5:00 pm	PUMP Vicki 5:30 pm	SPIN Scotti 5:30 pm	LIFT Terri 5:30 pm		

\*\*For your safety, masks must be worn in all classes. We appreciate your understanding.

**KEY:**

FACEBOOK LIVE CLASS
IN PERSON CLASS