




# FITNESS SCHEDULE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	6:30AM-7:30AM SUNRISE YOGILATES First Floor Steve	6:15AM-7:15AM <b>GROUP POWER</b> First Floor Barbara	6:30AM-7:30AM SUNRISE PURE YOGA First Floor Steve	6:00AM- 7:00AM <b>GROUP POWER</b> First Floor Doug / Mary	6:30AM-7:30AM SUNRISE YOGILATES First Floor Steve	8:30 - 9:45 ZUMBA STRENGTH Oneida
9:00AM-10:00AM <b>GROUP POWER</b> First Floor Mary M	9:15AM-10:15AM <b>GROUP POWER</b> First Floor Judy	8:00AM-9:00AM STRENGTH & CONDITIONING First Floor Adrienne	9:15AM-10:15AM CARDIO HIP-HOP First Floor Kim	8:00AM-9:00AM STRENGTH & CONDITIONING First Floor Adrienne	9:15AM-10:15AM HIP HOP First Floor Niki	10:00AM-11:00AM <b>GROUP POWER</b> First Floor Anju
9:30AM-10:30AM PILATES Second Floor Andrea/Denise	9:30AM -10:30AM BODY CONDITIONING/STEP Second Floor Roberta	9:15AM-10:30AM ZUMBA STRENGTH First Floor Oneida	10:30AM-11:30AM HOT LEGS, KILLER ABS First Floor Denise	9:15AM-10:15AM <b>GROUP POWER</b> First Floor Judy	10:15AM-11:15AM PILATES First Floor Adrienne	
10:30AM-11:30AM CARDIO CIRCUIT First Floor Barbara	10:45AM-11:30AM AQUACISE Pool	10:30AM-11:30AM CORE, STRENGTH & BALANCE First Floor Holley	10:45AM-11:30AM AQUACISE Pool	10:30AM-11:30AM GENTLE YOGA Second Floor Flora	10:15AM-11:15AM BOOT CAMP Second Floor Nikki	
	10:15AM-11:15AM ZUMBA First Floor Oneida	12:30PM-1:30PM CARDIO EXPRESS First Floor Barbara	12:45-1:45PM BOOT CAMP First Floor Nikki	10:30AM-11:30AM CARDIO CIRCUIT First Floor Barbara	11:00AM-12:45 AM AQUACISE Pool Chilton	
	12:45PM-1:45PM <b>GROUP POWER</b> First Floor Barbara		5:30PM – 6:30PM HIP HOP First Floor Eili	12:45PM-1:45PM <b>GROUP POWER</b> First Floor Judy		
	5:30PM – 6:30 PM ZUMBA First Floor Dawn		6:30PM -7:30PM <b>GROUP POWER</b> First Floor Mary M	5:30PM-6:30PM ZUMBA First Floor Nikki	5:15PM-6:15PM <b>GROUP POWER</b> First Floor Judy/Laurie	
	6:30PM-7:30PM <b>GROUP POWER</b> First Floor Adrienne	6:00PM-6:55PM KARDIO KOMBAT First Floor Judy	7:00PM-8:00PM POWER YOGA Veratins A Jill	6:45PM-8:15PM BODY SCULPTING First Floor Kut- Na		
		7:00PM-8:15PM BODY SCULPTING First Floor Kut- Na	7:45PM-8:45PM ZUMBA First Floor Mindy			