

# Group Exercise Schedule 2020

Monday				
5:45-6:45am	Anything Goes	Brian	S	
7:45-8:45am	Aqua Variety	Hilda	WW	
9:00-10:00am	Aqua Blast	Hilda	WW	
9:00-9:50am	Barre	Lynn	S	
9:00-9:45am	ABC Cycling	Leanna/Johanna	SR	
10:00-10:45am	Fit Yoga	Lynn	S	
10:00-10:30am	Golden Spokes	Leanna/Johanna	SR	
10:30-11:15am	Aqua Motion	Terry	WW	
10:55-11:35am	SS Classic	Glenda	S	
11:30-12:15pm	Aqua Strength	Terry	WW	
11:40-12:20pm	SS Circuit	Glenda	S	
12:30-1:15pm	Aqua Stride	Glenda	WW	
12:30-1:15pm	Zumba®	Susan	S	
1:30-2:30pm	Aqua Volleyball		WW	
5:00-5:45pm	Barre	Ursula/Alyssa	S	
5:30-6:15pm	Aqua Kick Box	Catherine/Mimi	WW	
6:00-6:45pm	RIP Mix	Ursula/Alyssa		
6:30-7:15pm	Aqua PiYoChi	Catherine/Mimi	WW	
7:00-8:00pm	Zumba®	Mabel	S	

Tuesday				
6:00-6:45am	Barre	Kristi	S	
9:00-10:00am	Aqua Blast	Rosemary	WW	
9:00-9:50am	Zumba®	Mabel	S	
10:00-10:45am	Sculpt	Mabel	S	
11:00-11:45am	RESERVED		WW	
11:00-12:00pm	Hatha Yoga	Diana	S	
12:00-12:45pm	Aqua Motion	Bunny	WW	
12:15-1:15pm	Chair Yoga	Diana	S	
1:00-1:45pm	Aqua Strength	Bunny	WW	
2:00-2:45pm	Functional Fitness	Frank	S	
5:00-5:45pm	Strictly Cycling	Corrine	SR	
5:00-6:00pm	Aqua Variety	Terry	WW	
6:00-6:45pm	FUSE	Frank/Ursula/Sonja	S	
7:00-7:45pm	Sculpt	Alyssa	S	
8:00-9:00pm	Hatha Yoga	Rhonda	S	

Wednesday				
5:45-6:45am	Anything Goes	Brian	S	
6:00-6:45am	Aqua Blast	Nancy W.	WW	
7:45-8:45am	Aqua Variety	Hilda	WW	
9:00-10:00am	Aqua Blast	Debbie	WW	
9:00-9:45am	ABC Cycling	Lynn	SR	
9:00-9:50am	Barre	Alyssa	S	
10:00-10:45am	Yoga/Pilates	Lynn	S	
10:00-10:30am	Golden Spokes	Corrine	SR	
10:30-11:15am	Aqua Motion	Bunny	WW	
10:55-11:35am	SS Classic	Susan	S	
11:30-12:15pm	Free to Move	Bunny	WW	
11:40-12:20pm	SS Circuit	Susan	S	
12:30-1:30pm	Tai Chi	Gail	S	
5:00-5:45pm	Stretch/Meditate	Ursula	S	
6:00-6:45pm	ABC Cycle	Sonja	SR	
6:00-6:45pm	Barre	Ursula/Catherine	S	
6:00-7:00pm	Aqua Variety	Glenda	WW	
7:00-8:00pm	Zumba®	Mabel	S	

Class Location	Format Key	
S = Studio		Aqua
SR = Small Room		Cardio
WW = Warm Water Pool		Cycling
		Strength
		Chair
		Yoga/Stretch

Thursday				
9:00-10:00am	Aqua Variety	Lynn	WW	
9:00-9:50am	Cardio	Julia	S	
10:00-10:45am	Sculpt	Julia	S	
11:00-11:45am	RESERVED		WW	
11:00-12:00pm	Hatha Yoga	Anna	S	
12:00-12:45pm	Aqua Motion	Bunny	WW	
12:15-1:15pm	Chair Yoga	Melissa	S	
1:00-2:00pm	Aqua Volleyball		WW	
2:00-2:45pm	Functional Fitness	Frank	S	
5:00-5:45pm	Kettlebell Strength	Frank	S	
5:00-6:00pm	Aqua Variety	Debbie	WW	
7:00-7:45pm	Sculpt	Karen E.	S	

Friday				
5:45-6:45am	Boot Camp	Brian	S	
6:00-6:45am	Aqua Variety	Nancy W.	WW	
7:45-8:45am	Aqua Variety	Rosemary	WW	
9:00-10:00am	Aqua Blast	Susan	WW	
9:00-9:45am	ABC Cycle	Corrine	SR	
9:00-9:50am	Cross Training	Julia	S	
10:00-10:30am	Barre	Julia	S	
10:00-10:30	Golden Spokes	Corrine	SR	
10:30-11:15am	Aqua Motion	Terry/Debbie	WW	
10:55-11:35am	SS Classic	Lynn	S	
11:30-12:15pm	Free to Move	Terry/Debbie	WW	
11:40-12:20pm	SS Circuit	Lynn	S	
12:30-1:30pm	Anything Goes	Brian	S	
6:00-7:00pm	Aqua Variety	Glenda	WW	
7:30-8:45pm	Aqua Volleyball		WW	

Saturday				
7:45-8:45AM	Yoga/Pilates	Leanna	S	
8:00-8:45am	ABC Cycle	Wally	SR	
8:00-8:45am	Aqua Blast	Nancy B./Karen E.	WW	
9:00-9:45am	Aqua Variety	Nancy B./Karen E.	WW	
9:00-9:50am	Sculpt	Wally	S	
10:00-11:00am	Zumba®	Mabel/Lynn/Susan	S	
12:30-1:30pm	Tai Chi	Gail	S	

Sunday				
7:45-8:45AM	Gentle Yoga	Rick	S	
8:00-8:45am	Aqua Blast	Terry	WW	
9:00-9:45am	Aqua PiYoChi	Terry	WW	
9:00-10:00am	Kick Box/Kettlebell	Frank	S	

Effective January 2020