

Group Exercise Schedule

2018

	Monday	Tuesday	Wednesday	Thursday	Friday
6:15 am		Fit Club w/ Kathy			
Location		Small Gym			
8:00 am	Mix It Up w/ Kathy		Mix It Up w/ Kathy		
Location	Small Gym		Small Gym		
9:00 am		Aquacize w/ Kathy		Aquacize w/ Kathy	Aquacize w/ Kathy
Location		Pool		Pool	Pool
12:15 pm	Kettlebell w/ Rich	Bodysculpt w/ Kathy	Step w/ Gail	Bodysculpt w/ Kathy	Lunch Crunch w/ Bill
Location	Small Gym	Small Gym	Small Gym	Small Gym	Small Gym
12:15 pm		Yoga w/ Gail		Yoga w/ Meredith	
Location		Multi-Purpose Room		Multi-Purpose Room	
5:30 pm		Step w/ Jim		Step w/ Jim	
Location		Small Gym		Small Gym	