

SEPTEMBER 2020 GROUP FITNESS SCHEDULE

| | | 9:00 - 10:00 | 10:30 - 11:30 | 12:00 - 1:00 | 1:30 - 2:30 | 5:00 - 6:00 |
|------------------|----------------------------|--|--|--|-------------------|---|
| MONDAY | Class Instructor | Dance Tara | Strength Worx Bayley | Chair Yoga Bayley | | ZUMBA Angela |
| TUESDAY | Class Instructor | Morning Mashup Melanie | TNT Rebecca | Silver Sneakers Barbara | Volleyball | Cardio,Weights & Core Susan |
| WEDNESDAY | Class Instructor | Functional Tabata Alicia | Yoga for Mobility Jaime | Strength & Movement Barbara | | Rejuvenation Yoga Rebe |
| THURSDAY | Class Instructor | Cardio/Weight Intervals Tara | Strength & Stability Rebecca | Strength, Balance & Coordination Barbara | Volleyball | ZUMBA Angela |
| FRIDAY | Class Instructor | Functional Training Alicia | Restorative Yoga Alicia | Silver Sneakers Barbara | | |
| SATURDAY | Class Instructor | Warrior Cardio Lisa | Yoga Susan | | | |