

GROUP EXERCISE



Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Small 8:00am	Pilates Michelle				Pilates Michelle	
Large 9:00am	Zumba® Toning Robin	Zumba® Bronwyn	Zumba® Toning Robin	Zumba® Natalie	Zumba® Bronwyn	Zumba® Ashleigh
Gym 9:00am	Kettlebells Total Body Toning Sharra		Circuit Kettlebells Sharra			
Small 9:00am			Line Dancing Jenny			
Pool 9:00am	Silver Sneakers Splash Michelle				Water Ex H.I.I.T Michelle	
Large 10:00am	Total Body Tabata Sharra	Step Mary	Interval Mary	Step Mary	Interval (10:15am) Mary	
Small 10:00am		PILOXING® Bianca	Butts & Guts Sharra			
Large 11:00am	Interval Mary	SilverSneakers Classic Mary	Tabata Style Kickboxing Sharra	SilverSneakers Classic Mary		
Large 5:00pm					SPINNING® Carrie	
Large 6:00pm	Zumba® Layna		Zumba® Layna			

The last Friday of every month is a 75 minute Zumba® Burn Class
 (All classes must have a consistent minimum of 7 participants to continue on schedule)