

# Group Exercise Classes



## Exercise Studio

Time	Monday	Tuesday	Wednesday	Thursday	Friday
6:15 am	Aerobics		Aerobics		Aerobics
8:00 am	Cardio /strength	Low impact (Interval)	Cardio /strength	Low impact (Interval)	Cardio /strength
8:00 am	*Hardcore & More		*Hardcore & More		
5:00 pm	*Ultimate Frisbee			*Ultimate Frisbee	
5:00 pm		Cardio		Cardio	
5:00 pm	*Sports Conditioning	*Sports Conditioning		*Sports Conditioning	*Sports Conditioning
5:30 pm		Strength		Strength	
6:00 pm	Zumba		Zumba		

\*class is generally outside

## Stretch and Relax

Time	Monday	Tuesday	Wednesday	Thursday	Friday
9:15 am		Restorative Yoga		Restorative Yoga	
5:00 pm	Yoga		Yoga		

## Water Programs

Time	Monday	Tuesday	Wednesday	Thursday	Friday
9:00 am	Cardio Splash	Water Yoga	Cardio Splash	Water Yoga	Cardio Splash
9:30 am		Water Strength		Water Walking	
10:15 am			Water Therapy		
10:30 am		Water Therapy		Water Therapy	
1:00 pm	Water Therapy	Water Therapy	Water Therapy	Water Therapy	Water Therapy
2:30 pm	Parent & Tot		Parent & Tot		

## Gym Classes

Time	Monday	Tuesday	Wednesday	Thursday	Friday
9:30 a -12 pm		BP/Diabetes exercise			BP/Diabetes exercise
3:30 pm	Z-teens	Z-Teens	Z-teens	Z-Teens	

**\*Swim lessons for adults and children year around**

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