

Group Exercise Schedule

Class Format/Title:	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AQUA:							
Ai Chi	10a		10am				
Aqua Fit		5:30pm		5:30pm			
Aqua Interval	5:30pm		5:30pm				
March Ahead Aqua	9am		9am		9am		
March Ahead Aqua Arthritis		10am		10am			
CARDIO							
Cardio Funk Conditioning		5:30pm					
Cycling	6:30am, 12:15pm, 5:30pm	5:30pm	6:30am, 12:15pm, 5:30pm	5:30pm	6:30am, 12:15pm	8am	9am
Zumba				5:30pm			
MARCH AHEAD							
March Ahead	6:15am, 7:30am, 10am, 6:30pm		6:15am, 7:30am, 10am, 6:30pm		6:15am, 7:30am, 10am		
March Ahead Advanced	(9am) 9:45am		(9am) 9:45am		(9am) 9:45am		
March Ahead Aqua	9am		9am		9am		
March Ahead Aqua Arthritis		10am		10am			
March Ahead Strength & Balance		9am		9am			
MIND-BODY/MARTIAL ARTS							
Nia		10am		10am			
Tae Kwon Do	6pm offsite	6:30pm		6:30pm		10am	
Tai Chi		7:30am		7:30am			
MIXED FORMAT/STRENGTH							
Ab Lab		6:30-6:45pm		6:30-6:45pm			
Body Sculpt	5:30pm		5:30pm				
Boot Camp	12:15pm, 7:30pm		12:15pm, 7:30pm			9am	
Interval Strength		7pm		7pm			
March Ahead Strength & Balance		9am		9am			
Strength & Cardio Combo		6am		6am			
Strength and Conditioning		12:15pm		12:15pm			
PILATES							
Am Mat Pilates		6:30am		6:30am			
Mat Pilates	9am	11am, 4:30pm	9am	11am, 4:30pm	9am		
YOGA							
Beginning Yoga				10am			
Gentle Yoga	4:30pm		4:30pm				
Hatha Flow Yoga	6:30-8pm		6:30-8pm			9-10:30am	
Hatha Yoga		9am		9am			
Power Vinyasa		5:25pm		5:25pm			
Vinyasa Yoga	12:15pm, 5:25pm		12:15pm, 5:25pm		12:15pm, 5:25pm		10am
Yoga		12:15pm		12:15pm			