



Group Exercise Schedule

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
7:30a-8:00a Circuit Training Ryan Parking Lot	7:00a-8:00a Outdoor Cycling JoDee Parking Lot	9:00a-9:55a Yoga Madi Virtual	7:00a-8:00a Outdoor Cycling Rebecca Parking Lot	7:30a-8:30a Total Body Fitness Genise Parking Lot	9:00a-9:55a Cardio Line Dance Tina Virtual	CLOSED
9:00a-9:55a Yoga Bonnie B. Virtual	8:30a-10:00a 30/30/30 JoDee Virtual & Parking Lot	10:00a-10:55a Lite & Lively JoDee Virtual	8:00a-09:30a 30/30/30 Rebecca Virtual & Parking Lot	9:00a-9:55a Pilates JoDee Starts Sept. 4 Virtual	10:00a-10:55a Total Body Fitness Sarah Virtual & Parking Lot	
10:00a-10:55a Sit & Tone Bonnie M. Virtual	12:00p-12:55p Lunchtime Meditation Suzy Virtual	7:00p-7:50p Zumba Sarah Virtual & Parking Lot	12:00p-12:55p Yoga Bonnie B. Virtual	10:00a-10:55a Lite & Lively Bonnie M. YMCA	11:00a-11:55a Zumba Sarah Virtual & Parking Lot	
	5:00p-5:55p Pilates Tina Virtual		5:00p-5:55p Pilates Tina Virtual	7:00p-7:55p Zumba Sarah Virtual & Parking Lot		
	6:00p-6:55p Cardio Dance Tina Virtual		6:00-6:55p Cardio Dance Tina Virtual			
	7:00p-7:55p Zumba Sarah Virtual & Parking Lot					

CURRENT SAFETY PROCEDURES

Disclaimer: You should consult your physician or other health care professional before starting this or any other fitness program to determine if it is right for your needs. This is particularly true if you (or your family) have a history of high blood pressure or heart disease, or if you have ever experienced chest pain when exercising or have experienced chest pain in the past month when not engaged in physical activity, smoke, have high cholesterol, are obese, or have a bone or joint problem that could be made worse by a change in physical activity. Do not start this fitness program if your physician or health care provider advises against it. If you experience faintness, dizziness, pain or shortness of breath at any time while exercising you should stop immediately.