



GROUP EXERCISE CLASS SCHEDULE

Outdoor & Virtual

MONDAYS

7:30a– 8:00a — Circuit Training w. Ryan (OUTDOOR & VIRTUAL)
9:00a– 9:55a — Yoga w. Bonnie B. (VIRTUAL)
10:00a– 10:55a — Sit & Tone w. Bonnie M. (VIRTUAL)
5:30p– 6:30p — Yoga Sculpt w. Silva (OUTDOOR)

TUESDAYS

7:00a– 8:00a — Cycling w. Rebecca (OUTDOOR)
8:30a– 10:00a — 30/30/30 w. JoDee (OUTDOOR & VIRTUAL)
12:00p– 12:55p — Lunchtime Meditation w. Suzy (VIRTUAL)
5:00p– 5:55p — Pilates w. Tina (VIRTUAL)
6:00p– 6:55p — Cardio Dance w. Tina (VIRTUAL)
7:00p– 7:55p — Zumba w. Sarah (OUTDOOR & VIRTUAL)

WEDNESDAYS

9:00a– 9:55a — Yoga w. Madi (VIRTUAL)
10:00a– 10:55a — Lite & Lively w. JoDee (VIRTUAL)
5:30p– 6:30p — Cardio Kickboxing w. Silva (OUTDOOR)
7:00p– 7:55p — Zumba w. Sarah (OUTDOOR & VIRTUAL)

THURSDAYS

7:00a– 8:00a — Cycling w. JoDee (OUTDOOR)
8:00a– 9:30a — 30/30/30 w. Rebecca (OUTDOOR & VIRTUAL)
12:00p– 12:55p — Yoga w. Bonnie B. (VIRTUAL)
5:00p– 5:55p — Pilates w. Tina (VIRTUAL)
6:00p– 6:55p — Cardio Dance w. Tina (VIRTUAL)

FRIDAYS

9:00a– 9:55a — Pilates w. JoDee (VIRTUAL)
10:00a– 10:55a — Lite & Lively w. Bonnie M. (VIRTUAL)
11:00a– 12:00p — Dance Fitness w. Genise (OUTDOOR & VIRTUAL)
7:00p– 7:55p — Zumba w. Sarah (OUTDOOR & VIRTUAL)

SATURDAYS

9:00a– 9:55a — Cardio Line Dance w. Tina (VIRTUAL)
10:00a– 10:55a — Total Body Fit w. Sarah (OUTDOOR & VIRTUAL)
11:00a– 11:55a — Zumba w. Sarah (OUTDOOR & VIRTUAL)