



# GROUP EXERCISE SCHEDULE

Studio A - Studio B - Pool

Effective: February 1<sup>st</sup>, 2017

## MONDAY

8:00am-9:00am Water Fitness w/ Donna  
8:30am-9:30am Pilates w/ Linda  
9:30am-10:30am Ride w/ Andrew

## TUESDAY

6:00am-7:30am Ride BC w/ Melissa  
8:30am-9:30am Body Pump w/ Julie  
9:30am-10:30am Barre w/ Jeanine  
10:30am-11:00am BLAST w/ Jeanine  
4:30pm-5:30pm Pilates w/ Michele  
6:00pm-7:00pm Ride w/ Melissa

## WEDNESDAY

9:30am-10:30am Ride w/ Andrew  
10:45am-11:45am Barre w/ Michele  
5:00pm-6:00pm Pilates w/ Donna  
6:00pm-7:00pm Zumba w/ Donna

## THURSDAY

6:00am-7:30am Ride BC w/ Andrew  
9:00am-9:30am BLAST w/ Jennifer  
9:30am-10:30am Pure Strength w/ Jennifer  
5:00pm-6:00pm Barre w/ Donna  
6:15pm-7:15pm DanceFit w/ Jennifer

## FRIDAY

6:00am-7:00am Body Pump w/ Julie  
8:30am-9:30am Ride w/ Melissa

## SATURDAY

8:00am-9:00am Body Pump w/ Julie  
9:15am-10:15am Ride w/ TBA  
9:30am-10:30am Barre w/ Michele

## SUNDAY

8:30am-9:30am Ride w/ Emily  
10:00am-11:00am Pilates w/ Donna  
11:00am-12:00pm Zumba w/ Donna