



# Group Exercise Schedule

Effective Tuesday, March 2nd

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
<b>5:30 AM</b>	<b>*RPM</b> Sharonda/RPM Room	<b>BODY PUMP</b> Jessica P./Gym	<b>*RPM</b> Sharonda/RPM Room	<b>BODY PUMP</b> Jennifer/Gym	<b>*RPM</b> Ron/RPM Room			
<b>8:00 AM</b>						<b>Body Pump Technique Class</b> (1st Sat of each month only) Tanja/Gym		
<b>8:30 AM</b>	<b>BODY PUMP</b> Brenda/Gym	<b>**PILATES EXTRA</b> Lisa/S1	<b>BODY PUMP</b> Tanja/Gym	<b>**PILATES BASIC</b> Lisa/S1	<b>BODY STEP</b> Terian/Amy/Gym			
	<b>*RPM</b> TBA/RPM Room				<b>*RPM</b> Kellie/RPM Room		<b>BODY STEP</b> Amber/Gym	
	<b>**ZUMBA</b> Shirley/S1				<b>JUST WEIGHTS</b> Brenda/S1			
<b>8:45 AM</b>						<b>*BEGIN TO RPM</b> (no class the 1st Sat of each month) Leslie/RPM Room		
<b>9:30 AM</b>	<b>BODY COMBAT</b> Tanja/Gym	<b>BODY STEP</b> Terian/Amber/Gym	<b>STEP INTERVAL</b> Terian/S1	<b>**ZUMBA</b> Melissa/S1	<b>**ZUMBA</b> Amy/S1	<b>*ZUMBA</b> Oyuki/Gym		
		<b>**ZUMBA</b> Amy/S1				<b>BODY COMBAT</b> Tanja/Gym	<b>BODY PUMP</b> Brenda/Gym	<b>*RPM</b> Leslie/RPM Room
		<b>*RPM</b> Brenda/RPM Room				<b>*RPM</b> Jessica/RPM Room	<b>*RPM</b> Julie/RPM Room	<b>*1 HOUR RPM</b> (1st Sat of each month only) Leslie/RPM Room
<b>9:35 AM</b>			<b>SilverSneakers® YogaStretch</b> Laura/Gym					
<b>10:35 AM</b>	<b>BODY PUMP</b> Terian/Gym		<b>BODY COMBAT</b> Laura/Gym			<b>BODY COMBAT</b> Jessica/Gym		
<b>10:45 AM</b>		<b>YOGA</b> Nikkole/S1		<b>YOGA</b> Nikkole/S1	<b>SilverSneakers® Cardio Circuit</b> Lauren/Gym			
		<b>SilverSneakers® Muscular Strength</b> Lauren/Gym		<b>SilverSneakers® Muscular Strength</b> Laura/Gym				
<b>NOON</b>		<b>*RPM</b> Amy/RPM Room	<b>BODY PUMP</b> Amy/Gym					
<b>2:00 PM</b>								
<b>4:30 PM</b>	<b>*RPM</b> Brenda/RPM Room		<b>*RPM</b> Jessica/RPM Room					
<b>5:15 PM</b>	<b>AB LAB</b> Terian/S1		<b>AB LAB</b> Terian/S1					
<b>5:30 PM</b>	<b>BODY COMBAT</b> Jessica V./Gym	<b>BODY PUMP</b> Jennifer/Gym	<b>BODY COMBAT</b> Michelle/Gym	<b>BODY PUMP</b> Terian/Gym				
	<b>POWER YOGA</b> Jessica A./S1						<b>POWER YOGA</b> Jessica A./S1	
	<b>*RPM</b> Julie/RPM Room						<b>*RPM</b> Jennifer/RPM Room	
<b>6:00 PM</b>		<b>*BEGIN TO RPM</b> Tina/RPM Room						
<b>6:30 PM</b>	<b>BODY STEP</b> Elise/Amy/S1	<b>*RPM</b> Tina/RPM Room	<b>BODY STEP</b> Elise/Amber/S1	<b>*RPM</b> Tina/RPM Room				
<b>6:45 PM</b>	<b>BODY PUMP</b> Jessica V./Gym	<b>**ZUMBA</b> Shirley/Gym	<b>BODY PUMP</b> alternating/Gym	<b>**ZUMBA</b> Oyuki/Gym				

\* All RPM classes require a pass to reserve a bike. Passes are available at the front desk on a first come first serve basis.

\*\* All Zumba and Pilates classes require a pass. Passes are available at the front desk on a first come first serve basis.