



Summer 2017

Group Exercise Class Schedule June 1 - September 30, 2017

AEROBICS STUDIO & SPIN STUDIO

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	6:30am - 7:20am Spin Spin Studio Keith	6:30am - 7:20am Spin Spin Studio Keith	6:30am - 7:20am Spin Spin Studio Keith			
	10:00am - 10:50am SilverSneakers CLASSIC Aerobics Studio Valerie	11:00am - 11:50am SilverSneakers CLASSIC Aerobics Studio Valerie	10:00am - 10:50am SilverSneakers CLASSIC Aerobics Studio Valerie		10:30am - 11:15am Spin Spin Studio Smitty	
12:00pm - 12:45pm Spin Spin Studio Smitty	11:00am - 11:50am SilverSneakers CIRCUIT Aerobics Studio Valerie	12:15pm - 1:00pm Strength & Condition Aerobics Studio Andre	11:00am - 11:50am SilverSneakers Yoga Stretch Aerobics Studio Valerie	12:15pm - 1:15pm Strength & Condition Aerobics Studio Andre	11:20am - 12:00pm Spin Spin Studio Smitty	
1:15pm - 2:00pm Strength & Condition Aerobics Studio Andre		12:10pm - 1:00pm Water Aerobics Pool Valerie	1:05pm - 1:45am Spin Spin Studio Smitty			

	5:20pm - 6:00pm Core & Cuts Aerobics Studio Kim		5:20pm - 6:00pm Core & Cuts Aerobics Studio Kim	5:00pm - 5:45pm Spin Spin Studio Smitty		
6:00pm - 6:45pm Spin Spin Studio Milka	6:00pm - 7:00pm Stretch & Core Aerobics Studio Kim	6:10pm - 6:50pm Full Body Cross Train Aerobics Studio Kim	5:45pm - 6:30pm Spin Spin Studio Smitty	5:50pm - 6:30pm Spin Spin Studio Smitty		
6:00pm - 6:50pm Cardio Kickbox Aerobics Studio Andre						
7:00pm - 7:50pm Lower Body Blast Aerobics Studio Andre						



