



Exercise Class Schedule

Beginning 5/31/17

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:50 – 7:50 AM				Early Bird Spin w/ Kathy, Spin room	
Lunch time, note class times	12:00 – 12:30 Strength Intervals w/ Sheila in Gym 12:30 – 12:45 Hard Core/Floor work w/ Sheila in Mat Room	12:00 – 12:50 PM Sole Synthesis w/ Julie in Gym <i>A great blend of fitness, ballet & yoga-like patterns...simple moves</i>	11:30 AM – 12:15 PM Functional Strength w/ Janet in Gym	12:00 – 12:50 Yoga w/ Becky in Gym <i>Class links movement with breath & focuses on core...challenge options & relaxation ending</i>	12:00 – 12:50 PM Gentle Yoga w/ Blanche or Becky in Mat Room <i>Restorative-style yoga – great way to calm your mind</i> <hr/> 12:00 – 12:50 PM Strong by Zumba w/Sheila in Gym <i>A high-intensity interval class – with a Zumba twist!</i>
12:30 – 1:15 PM Specialty Program	**Tabata Bootcamp™ w/ Julie in the Gym		**Tabata Bootcamp™ w/ Julie in the Gym		
12:00 – 1:00 PM Specialty Program		*Summer Strength Group Training in the Fitness Center		*Summer Strength Group Training in the Fitness Center	
5:00 – 6:00 PM Specialty Program		*Summer Strength Group Training in the Fitness Center		*Summer Strength Group Training in the Fitness Center	

Schedule subject to change; valid from May 31 – July 21, 2017

***Summer Strength – specialty program, registration required, 6/1 – 8/10**

****Tabata Bootcamp™ – specialty program, registration required, 5/31 – 7/19**