



541.687.2200

GROUP X SCHEDULE FALL 2017

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning 5 o'clock hour	5:45 <u>STEP & STRENGTH</u> Judy		5:45 <u>HIIT 60</u> Julie	5:45 <u>STEP & STRENGTH</u> Judy	5:45 <u>HIIT 60</u> Julie		
7 o'clock hour	7:15 <u>SENIOR CARDIO</u> Kelley	7:00 <u>YOGA</u> Glen	7:15 <u>PROGRESSIVE SENIOR STRENGTH</u> Kelley		7:15 <u>SENIOR CARDIO DANCE</u> Judy		
8 o'clock hour	8:45 * <u>CARDIO BLAST</u> Julie	8:30 * <u>CARDIO DANCE</u> Dana	8:45 * <u>ZUMBA®</u> Lareina	8:30 * <u>CARDIO DANCE</u> Dana	8:45 * <u>YOGA</u> Leah	8:00 <u>CARDIO DANCE</u> Dana	
9 o'clock hour		9:35 * <u>HIIT 60</u> Julie		9:35 * <u>CORE & MORE</u> Kelley		9:15* <u>CARDIO BLAST/CORE & MORE</u> Julie/Marianne	
10 o'clock hour	10:15 * <u>SENIOR CARDIO STEP</u> Judy	10:40 Δ <u>ADVANCED SENIOR STRENGTH</u> Kelley	10:15 * <u>PROGRESSIVE SENIOR STRENGTH</u> Judy	10:40 Δ <u>ADVANCED SENIOR STRENGTH</u> Kelley	10:15 * <u>PROGRESSIVE SENIOR STRENGTH</u> Judy	10:30 ~TAI CHI	10:00 <u>YOGA</u> Verna & tba
12 o'clock hour	12:05 <u>GROUP STRENGTH</u> Wanly	12:05 <u>PILATES MAT</u> Hilary	12:05 <u>BROGA®</u> Jess	12:05 <u>YOGA</u> Glen			
Evening 5 o'clock hour	5:00 * <u>BARRE EXPRESS</u> Hilary	5:00 * <u>TONING EXPRESS</u> Judy					
5 o'clock hour	5:45 * <u>ZUMBA®</u> Robin	5:45 * <u>STEP & ABS</u> Judy	5:45 * <u>ZUMBA®</u> Robin	5:45 * <u>TOTAL BODY CONDITIONING</u> Annie	5:45 * <u>ZUMBA®</u> Chelsea & Elisa		
7 o'clock hour							~ FOLK DANCING 7:15-10:00

CLUB HOURS		CHILDCARE HOURS		* Childcare Available Δ 1¼ hour class ⌘ 30 minute class ~ Extra Fee Classes are one hour unless noted.
Monday-Thursday	5:00AM -10:00PM	Monday- Friday	8:30-11:30AM	
Friday	5:00AM-10:00PM	Monday-Thursday	5:00-7:00PM	
Saturday	7:00AM - 7:00PM	Friday	5:30-7:00PM	
Sunday	8:00AM - 7:00PM	Th/F evening	by appointment	
		Saturday	9:00-11:00AM	