

SUMMER GROUP EXERCISE SCHEDULE: June 1, 2017 – August 31, 2017

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
Aerobic Room	Gym/Pool	Aerobic Room	Gym/Pool	Aerobic Room	Gym/Pool	Aerobic Room	Gym/Pool	Aerobic Room	Gym/Pool	Aerobics Room	Gym / Pool
Cycle Intervals 5:05-6:05 Robin, Karen, Arika			Ultimate Fitness 5:05-6:05 Jenee			R.I.P.P.E.D. 5:05-6:05 Elizabeth		Strictly Cycle 5:05-6:05 Karen			
Fit & Fabulous 7:25-8:25 Robyn		Zumba Gold 7:25-8:25 Cathy		Fit & Fabulous 7:25-8:25 Carol		Zumba Gold 7:25-8:25 Cathy		Fit & Fabulous 7:25-8:25 Leslie			
Hatha Yoga 8:30-9:30 Suzy	Insanity 8:25-9:25 Stephanie P.	Pilates Mat 8:30-9:30 Melissa I.	Triple Threat 8:25-9:25 Crystal	Yin Yoga 8:35-9:35 Andrea	Total Body Sculpt 8:25-9:25 Crystal	Yoga 8:35-9:35 Andrea	Cardio Conditioning 8:25-9:25 Stephanie P.	Pilates 8:30-9:30 Carol	P90X 8:25-9:25 Amber	Strictly Cycle 8:05-9:05 Robin/Leslie	
Barbell Blast 9:40-10:40 Kelly C.	High Fitness 9:40-10:40 Michelle	Strictly Cycle 9:40-10:40 Kelly C.	P90X 9:40-10:40 Crystal	PYC Mash Up 9:40-10:40 Leslie	Ultimate Fitness 9:40-10:40 Mandy	Strictly Cycle 9:40-10:40 Arika	Turbo Kick 9:40-10:40 Mandy	Barbell Blast 9:40-10:40 Kelly C.	Total Body Training 9:40-10:40 Shelly	Step Intervals 9:15-10:15 Rachel	
Zumba 10:50-11:50 Cassie	Water Aerobics 10:00-11:00 Candy	Zumba 10:45-11:45 Cristina	Water Zumba 10:00-11:00 Candy	Yoga 12:00-1:00 Melissa P.	Water Zumba 10:00-11:00 Candy		Water Zumba 10:00-11:00 Candy	Zumba 10:50-11:50 Cassie	Water Aerobics 10:00-11:00 Carrie	Barre 10:25-11:25 Karen	
										Zumba 11:30-12:30 Josephine	
Zumba 4:20-5:20 Cristina		Zumba 4:20-5:20 Cassie		Zumba 4:20-5:20 Celeste		High Fitness 4:20-5:20 Michelle					
Strictly Cycle 5:30-6:30 Robin		Step Intervals 5:30-6:30 Rachel		Barbell Blast 5:25-6:30 Shelly		Strictly Cycle 5:30-6:30 Tim					
Pilates Mat 6:35-7:35 Melissa P.		Barbell Blast 6:35-7:35 Natalie		Pilates 6:35-7:35 Melissa P./ Rachel		Zumba 6:35-7:35 Josephine		MAX CAPACITY IN AEROBIC ROOM 22 PER FIRE MARSHAL		*Please sign in at Service Desk *Classes must average 10 to stay on schedule *Age 14 and above can attend classes *If you have any questions contact Customer Service 817-743-4386	
		Yoga 7:40-8:40 Marie/Rachel				Yoga 7:40-8:40 Shauna					