

# FALL GROUP EXERCISE SCHEDULE: September 1, 2017 – November 30, 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
<b>Cycle Intervals</b> 5:05-6:05 Arika			<b>Ultimate Fitness</b> 5:05-6:05 Jenee			<b>R.I.P.P.E.D.</b> 5:05-6:05 Elizabeth		<b>Strictly Cycle</b> 5:05-6:05 Karen			
<b>Fit &amp; Fabulous</b> 7:25-8:25 Robyn		<b>Zumba Gold</b> 7:25-8:25 Cathy		<b>Fit &amp; Fabulous</b> 7:25-8:25 Carol		<b>Zumba Gold</b> 7:25-8:25 Cathy		<b>Fit &amp; Fabulous</b> 7:25-8:25 Leslie			
<b>Hatha Yoga</b> 8:30-9:30 Suzy	<b>Insanity</b> 8:25-9:25 Stefanie P.	<b>Pilates Mat</b> 8:30-9:30 Melissa I.	<b>Triple Threat</b> 8:25-9:25 Crystal	<b>Yin Yoga</b> 8:35-9:35 Andrea	<b>Total Body Sculpt</b> 8:25-9:25 Crystal	<b>Yoga</b> 8:35-9:35 Andrea	<b>Cardio Conditioning</b> 8:25-9:25 Stefanie P.	<b>Pilates</b> 8:30-9:30 Carol	<b>P90X</b> 8:25-9:25 Amber	<b>Strictly Cycle</b> 8:05-9:05 Robin/Leslie	
<b>Barbell Blast</b> 9:40-10:40 Kelly C.	<b>High Fitness</b> 9:40-10:40 Michelle	<b>Strictly Cycle</b> 9:40-10:40 Kelly C.	<b>P90X</b> 9:40-10:40 Crystal	<b>PYC Mash Up</b> 9:40-10:40 Leslie	<b>Ultimate Fitness</b> 9:40-10:40 Mandy	<b>Strictly Cycle</b> 9:40-10:40 Arika	<b>Turbo Kick</b> 9:40-10:40 Mandy	<b>Barbell Blast</b> 9:40-10:40 Kelly C.	<b>Total Body Training</b> 9:40-10:40 Shelly	<b>Step Intervals</b> 9:15-10:15 Rachel	
<b>Zumba</b> 10:50-11:50 Cassie	<b>Water Aerobics</b> 10:00-11:00 Candy	<b>Zumba</b> 10:45-11:45 Cristina	<b>Water Zumba</b> 10:00-11:00 Candy	<b>Yoga</b> 12:00-1:00 Melissa P.	<b>Water Zumba</b> 10:00-11:00 Candy		<b>Water Zumba</b> 10:00-11:00 Candy	<b>Zumba</b> 10:50-11:50 Cassie	<b>Water Aerobics</b> 10:00-11:00 Carrie	<b>Barre</b> 10:25-11:25 Karen	
										<b>Zumba</b> 11:30-12:30 Josephine	
<b>Zumba</b> 4:20-5:20 Cristina		<b>Zumba</b> 4:20-5:20 Cassie		<b>Zumba</b> 4:20-5:20 Celeste		<b>High Fitness</b> 4:20-5:20 Michelle					
<b>Strictly Cycle</b> 5:30-6:30 Robin		<b>Step Intervals</b> 5:30-6:30 Rachel		<b>Barbell Blast</b> 5:25-6:30 Shelly		<b>Strictly Cycle</b> 5:30-6:30 Tim					
<b>Pilates Mat</b> 6:35-7:35 Melissa P.		<b>Barbell Blast</b> 6:35-7:35 Stefanie: Week 1 Rachel: Week 2+4 Kelly: Week 3		<b>PYC Mash Up/ Pilates</b> 6:35-7:35 Leslie PYC: Week: 1+3 Rachel Pilates: Week: 2+4		<b>Zumba</b> 6:35-7:35 Josephine		<b>MAX CAPACITY IN AEROBIC ROOM 22 PER FIRE MARSHAL</b>		<b>*Please sign in at Service Desk</b> <b>*Classes must average 10 to stay on schedule</b> <b>*Age 14 and above can attend classes</b> <b>*If you have any questions contact Customer Service 817-743-4386</b>	
		<b>Yoga</b> 7:40-8:40 Marie: Week 1+3 Rachel: Week 2+4				<b>Yoga</b> 7:40-8:40 Shauna					

