

2018 Break Weeks - Adult Group Exercise Class Schedule

Monday, October 22

5:45 am Cycling
9:30 am Cardio Variety
9:30 am Yogilates
9:30 am Cycling
10:00 am Zumba
10:15 am Yoga
10:30 am Toning
11:30 am SS Classic
11:30 am SS Yoga
5:30 pm Cycling
5:30 pm Pilates
6:30 pm Rumble
7:30 pm Zumba

Tuesday, October 23

8:35 am Seniorobics
9:00 am Cycling
9:30 am Senior Toning
11:30 am Boom Move It
12:05 pm Boom Mind
6:30 pm Zumba Toning
7:00 pm Yoga (Buti)
7:30 pm WERQ

Wednesday, October 24

9:00 am Beg Yoga
10:00 am Yoga
12:30 pm SS Classic
5:30 pm Cycling
7:00 pm Tai Chi

Thursday, October 25

9:00 am Cycling
9:30 am WERQ
11:00 am Toning
11:30 am Boom Move It
12:05 pm Boom Mind
5:30 pm Yoga

Friday, October 26

8:35 am Senior Toning
9:00 am Cycling
10:30 am Yoga
11:30 am SS Classic

Saturday, October 27

9:30 am Kettle AMPD
9:30 WERQ
10:30 am Pilates