

Spring 2017 Schedule

KEY **BLUE = Orr Room** **BLACK = Group Ex Rm**
GREEN = Gym **PURPLE = Parks & Rec**

TIME	MON	TUES	WED	THURS	FRI	SAT
5:45a-6:30a		Cycling (Joe)		Cycling (Joe)		
8:15 – 9:00 AM	BLT (Jessica)		BLT (Maria)		BLT (Tricia/Brit Alicia)	
9:15 – 10:00 AM	Toning (Brittany)	Zumba (Marjorie)	Cardio Interval (Maria)	Zumba (Marjorie)	Zumba (Tricia)	BLT 8:45 – 9:15 (Dave/June)
	Zumba Gold 9a (Tricia)	Tabata (Erin)		Cycling (Richelle)	Tabata (Maria)	
10:00 – 10:45AM	Silver Sneakers Classic (Teri)	Silver Sneakers Classic (Tricia)	Silver Sneakers Classic (Beth)	Step Aerobics 10:15a (April)	Zumba Gold 10:15a (Tricia)	Circuit Interval 9:30– 10:15 (Dave/June)
	WERQ 10:15a (Tricia)	Toning (Erin)		Silver Sneakers Classic (Richard)		
11:00 – 11:45a	Silver Sneakers Classic (Ronda) Orr room	Silver Sneakers Classic (Tricia)	Silver Sneakers Classic (Beth)	Silver Sneakers Classic (Richard)	Silver Sneakers Yoga (Richard)	
12:00PM-12:45PM			Silver Sneakers Yoga (Richard)			
5:15 – 6:00 PM	Cycling (Beth)	Yoga for beginners (Suzy)	Cycling (Richelle)			
6:15 – 7:00PM	Zumba (Marjorie)	Country Heat (Autumn)	Cycling (Jean)	Country Heat (Autumn)		
	Tabata (Brittany)		Zumba Toning (Marjorie)	Bootcamp (Brittany)		
7:15 - 8:00 PM	Yoga (Christine)	Pilates (Edna) Until 8:15p	Hatha Yoga (Jean)	Cardio Variety (Edna)		
		Turbokick (Autumn)		Piyo (Autumn)		