

# BREAK WEEK

2/19 - 2/24/18

	Orr Room	Group Ex Room	Gym	Senior Center
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	CYCLING 5:45-6:30A JOE		CYCLING 5:45-6:30A JOE	
CIRCUIT INTERVAL 8-8:45A MELANY				
TONING(BLT) 8:15-9A JESSICA		TONING (BLT) 8:15-9A BETH C.		TONING(BLT) 8:15-9A JESSICA
ZUMBA GOLD 9-9:45A TRICIA		CIRCUIT INTERVAL 9:15-10A BRITTANY	TONING 9-9:45A ALICIA	CYCLING 9-9:45A ALICIA
TONING 9:15-10A BRITTANY	ZUMBA 9:15-10A MARJORIE		ZUMBA 9:15-10A MARJORIE	TONING(BLT) 9:15-10A BRITTANY
SILVER SNEAKERS CLASSIC 10-10:45A TERI		SILVER SNEAKERS CLASSIC 10-10:45A BETH C.	SILVER SNEAKERS CLASSIC 10-10:45A ALICIA	ZUMBA 9:15-10A TRICIA
WERQ 10:15-11A TRICIA		YOUTH BALLET 10:30-11:15A LEA		BARRE 10:15-11A TRICIA
SILVER SNEAKERS CLASSIC 11-11:45A ALICIA		SILVER SNEAKERS CLASSIC 11-11:45A BETH C.	SILVER SNEAKERS CLASSIC 11-11:45A ALICIA	SILVER SNEAKERS YOGA 11A-12P RICHARD
		SILVER SNEAKERS YOGA 12P-1P RICHARD		
CYCLING 5:15-6P BETH S.	TONING 5:15-6P BRITTANY		CIRCUIT INTERVAL 5:15-6P BRITTANY	
ZUMBA 6:15-7P MARJORIE	TABATA 6:15-7P BRITTANY		BOOTCAMP 6:15-7P BRITTANY	
YOGA 7:15-8:15P CHRISTINE		HATHA YOGA 7:15-8:15P CHRISTINE		