

Summer 2017 Schedule

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

TIME	MON	TUES	WED	THURS	FRI	SAT
8:15 – 9:00 AM	BLT (Maria/ Brittany)	Barre (Tricia)	BLT (Maria/Alicia)		BLT (Maria/ Brittany)	BLT (Autumn)
9:15 – 10:00 AM	Zumba Gold 9A (Tricia)	Cycling 9A (Alicia)	Circuit Interval (Maria/ Gordana)	Cycling 9A (Richelle)	Cycling (Alicia)	Kettlebell AMPD (Autumn)
	Toning (Brittany)	Bootcamp (Erin)		Zumba (Marjorie)	Tabata (Maria/ Brittany)	
		Zumba (Marjorie)		Zumba (Marjorie)		
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)	Cycling (Alicia/ Richelle/ Beth)
	WERQ 10:15a (Tricia)	Toning (Erin)		Silver Sneakers Classic (Christine)		
11:00 – 11:45a	Silver Sneakers Classic (Ronda/ Tricia)	Silver Sneakers Classic (Tricia)	Silver Sneakers Classic (Beth)	Silver Sneakers Classic (Christine)	Silver Sneakers Yoga (Richard)	
12:00PM-1:00PM			Silver Sneakers Yoga (Richard)			
5:15 – 6:00 PM	Cycling (Beth)		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	Piyo (Autumn)	Pilates (Edna) Until 8:15p	Hatha Yoga (Jean)	Cardio Variety (Edna)		
		Kettlebell AMPD (Autumn)		Piyo (Autumn)		