

Summer 2017 Break Weeks - Adult Group Exercise Class Schedule

Monday, August 14

5:45 am - Cycling
9:30 am - Cardio Variety
10:30 am - Toning
11:30 am - Sil Sneakers Classic
5:15 pm - Yogilates
5:30 pm - Pilates
6:00 pm - Yoga Flow
6:30 pm - R.I.P.P.E.D.
7:30 pm - Zumba

Tuesday, August 15

5:45 am - Boot Camp
5:45 am - Cycling
8:35 am - Seniorobics
9:00 am - Yoga
9:30 am - Senior Toning
9:30 am - Cycling
10:00 am - Power Yoga
11:00 am - Yoga Flow
5:30 pm - Boot Camp
6:15 pm - Cycling
6:30 pm - Zumba Toning
7:30 pm - Tabata

Wednesday, August 16

5:45 am - Toning
5:45 am - Boot Camp
9:00 am - Yoga Flow
9:30 am - Zumba
10:00 am - Yoga
12:30 pm - Sil Sneakers Classic
6:00 pm - R.I.P.P.E.D.
6:30 pm - Cycling

Thursday, August 17

5:45 am - Boot Camp
5:45 am - Cycling
9:30 am - Cycling
11:00 am - Toning
6:30 pm - WERQ
7:30 pm - Tabata

Friday, August 18

5:45 am - Core Tabata
5:45 am - Toning
8:35 am - Senior Toning
8:35 am - Jump & Pump
9:30 am - Zumba
9:30 am - Cycling
10:30 am - Sil Sneakers Classic

Saturday, August 19

7:00 am - Toning
8:00 am - Cycling
8:30 am - Zumba Toning
9:30 am - WERQ

Monday, August 21

8:35 am - Tabata
11:30 am - Sil Sneakers Classic
5:30 pm - Pilates
6:30 pm - R.I.P.P.E.D.

Tuesday, August 22

5:45 am - Cycling
8:35 am - Seniorobics
9:30 am - Senior Toning
9:30 am - Cycling
6:15 pm - Cycling
6:30 pm - Zumba Toning
7:30 pm - Tabata

Wednesday, August 23

5:45 am - Boot Camp
9:30 am - Zumba
10:30 am - Kettlebell AMPD
11:30 am - Sil Sneakers Yoga
12:30 pm - Sil Sneakers Classic

Thursday, August 24

5:45 am - Cycling
9:30 am - Cycling
11:00 am - Toning
6:30 pm - WERQ
7:30 pm - Tabata

Friday, August 25

8:35 am - Senior Toning
8:35 am - Jump & Pump
9:30 am - Sil Sneakers Yoga
9:30 am - Zumba
9:30 am - Cycling
10:30 am - Cardio Variety
11:30 am - Sil Sneakers Classic

Saturday, August 26

8:30 am Zumba Toning
9:30 am WERQ

Monday, August 28

5:45 am - Cycling
8:35 am - Tabata
11:30 am - Sil Sneakers Classic
5:30 pm - Pilates

Tuesday, August 29

5:45 am - Boot Camp
8:35 am - Seniorobics
9:00 am - Yoga
9:30 am - Senior Toning
9:30 am - Cycling
10:00 am - Power Yoga
11:00 am - Yoga Flow
6:30 pm - Zumba Toning
7:30 pm - Tabata

Wednesday, August 30

5:45 am - Toning
9:00 am - Yoga Flow
9:30 am - Zumba
10:30 am - Kettlebell AMPD
11:30 am - Sil Sneakers Yoga
10:00 am - Yoga
12:30 pm - SS Classic

Thursday, August 31

9:30 am - Cycling
11:00 am - Toning
6:30 pm - WERQ
7:30 pm Tabata

Friday, September 1

8:35 am - Senior Toning
8:35 am - Jump & Pump
9:30 am - Sil Sneakers Yoga
9:30 am - Zumba
9:30 am - Cycling
10:30 am - Cardio Variety
11:30 am - Sil Sneakers Classic

Saturday, September 2

8:30 am - Zumba Toning
9:30 am - WERQ