

2018 Break Weeks - Adult Group Exercise Class Schedule

Monday, August 20

11:30 am Silver Sneaker Classic
6:00 pm Pilates
7:30 pm Zumba

Tuesday, August 21

8:35 am Seniorobics
9:00 am Cycling
9:30 am Senior Toning
5:30 pm Boot Camp
6:30 pm Zumba Toning

Wednesday, August 22

12:30 pm Silver Sneakers Classic
6:00 pm R.I.P.P.E.D.

Thursday, August 23

9:00 am Cycling
9:30 am Zumba
9:45 am Yoga
10:30 am Silver Sneakers Classic
11:00 am Toning
5:30 pm Yoga
6:30 pm WERQ

Friday, August 24

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

Saturday, August 25

9:00 am WERQ
9:30 am Kettlebell AMPD
10:30 am Pilates

Monday, August 27

11:30 am Silver Sneaker Classic
6:00 pm Pilates
6:30 pm Cycling
6:30 pm Rumble
7:30 pm Zumba

Tuesday, August 28

5:45 am Cycling
8:35 am Seniorobics
9:00 am Cycling
9:00 am Yoga
9:30 am Senior Toning
10:00 am Yoga
6:15 pm Cycling
6:30 pm Zumba Toning
7:30 pm WERQ

Wednesday, August 29

9:00 am Yoga
9:30 am Cycling
10:00 am Yoga
12:30 pm Silver Sneakers Classic
6:30 pm Cycling

Thursday, August 30

5:45 am Cycling
9:00 am Cycling
9:30 am Zumba
9:45 am Yoga
10:30 am Silver Sneakers Classic
11:00 am Toning
5:30 pm Yoga
6:15 pm Cycling
6:30 pm WERQ

Friday, August 31

5:45 am Toning
8:35 am Senior Toning
9:00 am Cycling
10:30 am Yoga
11:30 am Silver Sneakers Classic

Saturday, September 1

7:00 am Toning
8:00 am Cycling
9:00 am WERQ
9:30 am Kettlebell AMPD
10:30 am Pilates