

## GROUP EX SCHEDULE

This schedule is ongoing & updated as needed

Summer 2: 6.24 - 8.31

GROUP EX ROOM		BASKETBALL GYM		ORR ROOM		
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		CYCLING 5:45-6:30A RICHELLE			PICKLEBALL 7:00-8:30A WHOLE GYM	
TONING 8:15-9:00A JESSICA	YOGA 8:00-8:45A MELISSA	TONING 8:15-9:00A JESSICA	GENTLE YOGA 8:00-8:45A TASHA	TONING 8:15-9:00A JESSICA		
GENTLE YOGA 9:15-10:00A TASHA	PILATES 9:00-9:45A JANE	GENTLE YOGA 9:15-10:00A TASHA	PILATES 9:00-9:45A JANE	WILDCARD 9:15-10:00A JESSICA	YOGA 9:00-9:45A MELISSA	
PICKLEBALL 9:15A-12:00P WHOLE GYM	SILVER SNEAKERS CLASSIC 10:00-10:45A JANE	SILVER SNEAKERS CLASSIC 10:00-10:45A JANE	SILVER SNEAKERS CLASSIC 10:00-10:45A JANE	PICKLEBALL 9:15A-12:00P WHOLE GYM		
	SILVER SNEAKERS CLASSIC 11:00-11:45A JANE	SILVER SNEAKERS CLASSIC 11:00-11:45A JANE	SILVER SNEAKERS CLASSIC 11:00-11:45A JANE			
		PICKLEBALL 12:00P-3:00P BACK HALF ONLY				
	YOGA 5:00-5:45P SHELLI					
CARDIO DANCE 6:00-6:45P TIFFANY	ZUMBA 6:00-6:45P MARJORIE	CARDIO DANCE 6:00-6:45P TIFFANY	YOGA BARRE 6:00-6:45P SHELLI			
SPIN & TONE 6:00-7:00P BECKY						
BOOTCAMP 7:00-7:45P DEMICA (NO CLASS 6.24)	CORE CONDITIONING 7:00-7:45P EDNA		CARDIO VARIETY 7:00-7:45P EDNA			