

Memorial Day

Group Exercise Schedule
Monday, May 28, 2018

	Class	Instructor	Location
7:15 AM	SPRINT	Vicky	Studio B
8:00 AM	BODYPUMP	Vicky	Studio B
8:15 AM	Flow Yoga	Robin	Studio A
9:00 AM	CXWORX	Mary	Studio B
9:30 AM	Pilates	Stella	Studio B
9:30 AM	BANG	Denise	Studio A
10:30 AM	Sculpt with Ball	Stella	Studio B
10:30 AM	Flow Yoga	Cynthia	Studio C
11:30 AM	Zumba	Riko	Studio C
11:30 AM	Tai Chi (\$)	Jeff	Studio A
11:30 PM	Balance & Stretch	Luci	Studio B
1:00 PM	Aqua Flex & Stretch	Roz	Indoor Pool

