

Group Exercise Schedule Schedule in effect as of April 18th, 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Strength Train Together with Karen 9-10am	Balance and Flex with Karen 9-10am	Strength Train Together with Karen 9-10am	Balance and Flex with Karen 9-10am	Cardio Kickboxing with Brandy 9-10am	Strength Train Together with Bethany 7:15-8:15am	Cycling with Selena 8-9am
Zumba with Jeanine 10:15am-11:15am	Zumba with Kelly 10:15-11:15am	Active Together with Beth 10:15-11:15am	AOA Functional Strength with Jeanine 10:15am-11:15am	Cycling with Selena 9:30-10:30pm	Cycling with Stephanie 7:15-8:15am	Zumba with Nisey 9:30-10:30am
Water Aerobics with Loretta 11am-11:40am 11:40am-12:12pm	Zumba with Jeanine 5:30-6:30pm	Water Aerobics with Loretta 11am-11:40am 11:40am-12:12pm	HIIT with Selena 6-7pm	Active Together with Bethany 10:15-11:15am	Cycling with Helice 8:30-9:30am	Strength Train Together with Nisey 10:45-11:45am
Strength Train Together with Charissa 5:30-6:30pm	HIIT with Bethany 6-7pm	Bootcamp with Angel (Three 30 min sessions) 3-5:30pm	Yoga with Maris 6-7pm	Zumba with Holly 5:30-6:30PM	Yoga with Helice 10-11am	
Cycling with Stephanie 6-7pm	Water Aerobics with Kim 6-7pm	Strength Train Together with Charissa 5:30-6:30pm	Water Aerobics with Brandy 6:15-7pm			
Total Body Conditioning with Brandy 6:30-7:30pm		Cycling with Helice 6-7pm				
		Yoga with Helice 7:30-8:30pm				

Classes highlighted in **orange** are held in the Pavilion – classes highlighted in **green** are held in the Basketball Gymnasium

Due to limited capacity, classes require reservation prior to attendance. Reservations can be made online, via our Daxko mobile app, or with the Front Desk.

Reservations can be completed up to 32 hours prior to class time - Water Aerobics reservations can be completed 1 Week in advance.

