

Group Exercise Schedule | Spring 2022

DAY	TIME	MORNING					EVENING																								
		Activity	Instructor	Location	Activity	Instructor		Location																							
MONDAY	6:00 - 6:45 AM	Cycling	Doug	In-Person Outdoors	8:00 - 8:55 AM	Strength & Sculpt	Nicki	In-Person Dance Studio	9:00 - 9:45 AM	Kickboxing	Nicki	In-Person Dance Studio	9:00 - 9:50 AM	Aqua Aerobics	Niel	In-Person Pool	6:00 - 6:45 PM	Cycling	Nicki	In-Person Outdoors											
	6:00 - 7:00 AM	Cardio Sculpt	Janet	Zoom	8:00 - 8:45 AM	Cycling	Nicki	In-Person Outdoors	9:00 - 9:45 AM	Yogalates	Nicki	In-Person Dance Studio	9:00 - 10:00 AM	Aqua Aerobics	Lisa	In-Person Pool	Cycling class location subject to change														
TUESDAY	8:00 - 8:55 AM	Strength & Sculpt	Nicki	In-Person Dance Studio	9:00 - 10:00 AM	Aqua Aerobics	Patti	In-Person Pool	9:00 - 9:45 AM	Heart & Soul	Nicki	In-Person Dance Studio	5:30 - 6:30 PM	Aqua Aerobics	Niel	In-Person Pool					6:00 - 6:45 PM	Cycling	Cari	In-Person Outdoors							
	WEDNESDAY	6:00 - 7:00 AM	Cardio Sculpt	Janet	Zoom	6:00 - 6:45 AM	Cycling	Doug	In-Person Outdoors	8:00 - 8:45 AM	Cycling	Nicki	In-Person Outdoors	9:00 - 10:00 AM	Aqua Aerobics	Lisa	In-Person Pool	9:00 - 9:45 AM	Bootcamp	Nicki	In-Person Racquetball Court	6:00 - 7:00 PM	Zumba	Liz	In-Person Dance Studio	6:00 - 6:45 PM	Cycling	Cari	In-Person Outdoors		
8:00 - 8:45 AM		Yogalates	Nicki	In-Person Dance Studio	9:00 - 9:45 AM	Cycling	Nicki	In-Person Outdoors	9:00 - 9:45 AM	Cycling	Nicki	In-Person Outdoors	9:00 - 9:45 AM	Cardio Sculpt	Janet	Zoom	8:00 - 8:45 AM*	Cycling	Cari	In-Person Outdoors	8:00 - 9:00 AM	Zumba	Jess	In-Person Outdoors Tennis Courts	8:00 - 8:45 AM	Cycling	Doug	In-Person Outdoors	8:30 - 9:30 AM	Super Sculpt	Janet
THURSDAY	6:00 - 7:00 AM	Cardio Sculpt	Janet	Zoom	6:00 - 6:45 AM	Cycling	Doug	In-Person Outdoors	8:00 - 8:45 AM	Cycling	Nicki	In-Person Outdoors	9:00 - 10:00 AM	Aqua Aerobics	Lisa	In-Person Pool	9:00 - 9:45 AM	Bootcamp	Nicki	In-Person Racquetball Court	6:00 - 7:00 PM	Zumba	Liz	In-Person Dance Studio	6:00 - 6:45 PM	Cycling	Cari	In-Person Outdoors			
	8:00 - 8:45 AM	Yogalates	Nicki	In-Person Dance Studio	9:00 - 9:45 AM	Cycling	Nicki	In-Person Outdoors	9:00 - 9:45 AM	Cycling	Nicki	In-Person Outdoors	9:00 - 9:45 AM	Cardio Sculpt	Janet	Zoom	8:00 - 8:45 AM*	Cycling	Cari	In-Person Outdoors	8:00 - 9:00 AM	Zumba	Jess	In-Person Outdoors Tennis Courts	8:00 - 8:45 AM	Cycling	Doug	In-Person Outdoors	8:30 - 9:30 AM	Super Sculpt	Janet
FRIDAY	6:00 - 7:00 AM	Cardio Sculpt	Janet	Zoom	6:00 - 6:45 AM	Cycling	Doug	In-Person Outdoors	8:00 - 8:45 AM	Cycling	Nicki	In-Person Outdoors	9:00 - 10:00 AM	Aqua Aerobics	Lisa	In-Person Pool	9:00 - 9:45 AM	Bootcamp	Nicki	In-Person Racquetball Court	6:00 - 7:00 PM	Zumba	Liz	In-Person Dance Studio	6:00 - 6:45 PM	Cycling	Cari	In-Person Outdoors			
	8:00 - 8:45 AM	Yogalates	Nicki	In-Person Dance Studio	9:00 - 9:45 AM	Cycling	Nicki	In-Person Outdoors	9:00 - 9:45 AM	Cycling	Nicki	In-Person Outdoors	9:00 - 9:45 AM	Cardio Sculpt	Janet	Zoom	8:00 - 8:45 AM*	Cycling	Cari	In-Person Outdoors	8:00 - 9:00 AM	Zumba	Jess	In-Person Outdoors Tennis Courts	8:00 - 8:45 AM	Cycling	Doug	In-Person Outdoors	8:30 - 9:30 AM	Super Sculpt	Janet
SATURDAY	6:00 - 7:00 AM	Cardio Sculpt	Janet	Zoom	6:00 - 6:45 AM	Cycling	Doug	In-Person Outdoors	8:00 - 8:45 AM	Cycling	Nicki	In-Person Outdoors	9:00 - 10:00 AM	Aqua Aerobics	Lisa	In-Person Pool	9:00 - 9:45 AM	Bootcamp	Nicki	In-Person Racquetball Court	6:00 - 7:00 PM	Zumba	Liz	In-Person Dance Studio	6:00 - 6:45 PM	Cycling	Cari	In-Person Outdoors			
	8:00 - 8:45 AM	Yogalates	Nicki	In-Person Dance Studio	9:00 - 9:45 AM	Cycling	Nicki	In-Person Outdoors	9:00 - 9:45 AM	Cycling	Nicki	In-Person Outdoors	9:00 - 9:45 AM	Cardio Sculpt	Janet	Zoom	8:00 - 8:45 AM*	Cycling	Cari	In-Person Outdoors	8:00 - 9:00 AM	Zumba	Jess	In-Person Outdoors Tennis Courts	8:00 - 8:45 AM	Cycling	Doug	In-Person Outdoors	8:30 - 9:30 AM	Super Sculpt	Janet
SUNDAY	6:00 - 7:00 AM	Cardio Sculpt	Janet	Zoom	6:00 - 6:45 AM	Cycling	Doug	In-Person Outdoors	8:00 - 8:45 AM	Cycling	Nicki	In-Person Outdoors	9:00 - 10:00 AM	Aqua Aerobics	Lisa	In-Person Pool	9:00 - 9:45 AM	Bootcamp	Nicki	In-Person Racquetball Court	6:00 - 7:00 PM	Zumba	Liz	In-Person Dance Studio	6:00 - 6:45 PM	Cycling	Cari	In-Person Outdoors			
	8:00 - 8:45 AM	Yogalates	Nicki	In-Person Dance Studio	9:00 - 9:45 AM	Cycling	Nicki	In-Person Outdoors	9:00 - 9:45 AM	Cycling	Nicki	In-Person Outdoors	9:00 - 9:45 AM	Cardio Sculpt	Janet	Zoom	8:00 - 8:45 AM*	Cycling	Cari	In-Person Outdoors	8:00 - 9:00 AM	Zumba	Jess	In-Person Outdoors Tennis Courts	8:00 - 8:45 AM	Cycling	Doug	In-Person Outdoors	8:30 - 9:30 AM	Super Sculpt	Janet

Cycling class location subject to change



Zoom Information
 *On the first Saturday of the month only, Cari's Saturday Cycling class is 8:00 - 9:30 AM.

Janet's classes - Meeting ID: 795 422 0555 | Passcode: 12345
 In the case of inclement weather, Saturday Zumba classes will move indoors to the Dance Studio.
Please Note: Schedule is subject to change based on class attendance.