


# Group Exercise Schedule | June 20 - 26, 2022

DAY	MORNING	MORNING	MORNING	EVENING	EVENING	EVENING	
<b>MONDAY</b>	<b>Cycling</b> 6:00 - 6:45 AM Doug In-Person Outdoors	<b>Strength &amp; Sculpt</b> 8:00 - 8:55 AM Nicki In-Person Dance Studio	<b>Kickboxing</b> 9:00 - 9:45 AM Nicki In-Person Dance Studio	<b>Aqua Aerobics</b> 9:00 - 10:00 AM Niel In-Person Pool		<b>Cycling</b> 6:00 - 6:45 PM Nicki In-Person Outdoors	
<b>TUESDAY</b>	<b>Cardio Sculpt</b> 6:00 - 7:00 AM Janet Zoom	<b>Cycling</b> 8:00 - 8:45 AM Nicki In-Person Outdoors	<b>Yogalates</b> 9:00 - 9:45 AM Nicki In-Person Dance Studio	<b>Aqua Aerobics</b> 9:00 - 10:00 AM Donna In-Person Pool	Cycling class location subject to change		
<b>WEDNESDAY</b>	<b>Strength &amp; Sculpt</b> 8:00 - 8:55 AM Nicki In-Person Dance Studio	<b>Aqua Aerobics</b> 9:00 - 10:00 AM Patti In-Person Pool	<b>Kickboxing</b> 9:00 - 9:45 AM Nicki In-Person Dance Studio	<b>Aqua Aerobics</b> 5:30 - 6:30 PM Niel In-Person Pool	<b>Cycling</b> 6:00 - 6:45 PM Cari In-Person Outdoors	<b>*Papaya Pilates*</b> 6:00-6:50 PM Carissa In-Person Dance Studio	
<b>THURSDAY</b>	<b>Cardio Sculpt</b> 6:00 - 7:00 AM Janet Zoom	<b>Cycling</b> 6:00 - 6:45 AM Doug In-Person Outdoors	<b>Cycling</b> 8:00 - 8:45 AM Nicki In-Person Outdoors	<b>Aqua Aerobics</b> 9:00 - 10:00 AM Donna In-Person Pool	<b>Circuit Challenge</b> 9:00 - 9:45 AM Nicki In-Person Racquetball Court	<b>Zumba</b> 6:00 - 7:00 PM Liz In-Person Dance Studio	<b>Cycling</b> 6:00 - 6:45 PM Cari In-Person Outdoors
<b>FRIDAY</b>	<b>Yogalates</b> 8:00 - 8:45 AM Nicki In-Person Dance Studio	<b>Cycling</b> 9:00 - 9:45 AM Nicki In-Person Outdoors					
<b>SATURDAY</b>	<b>Cycling</b> 8:00 - 8:45 AM* Cari In-Person Outdoors	<b>Zumba</b> 8:00 - 9:00 AM Jess In-Person Outdoors Tennis Courts					
<b>SUNDAY</b>	<b>Cycling</b> 8:00 - 8:45 AM Doug In-Person Outdoors	<b>Super Sculpt</b> 8:30 - 9:30 AM Janet Zoom	<p><b>Zoom Information</b></p> <p>*On the first Saturday of the month only, Cari's Saturday Cycling class is 8:00 - 9:30 AM.</p>				

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.**