

**GROUP EXERCISE SCHEDULE BEGINNING FEBRUARY 24, 2026**

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
SCULPT/TONE 8:30-9:10 CAROLYN YELLOW STUDIO	ZUMBA 8:30-9:10 EFSUN YELLOW STUDIO	LOW IMPACT AEROBICS 8:30-9:10 MAUREEN YELLOW STUDIO	SCULPT FUSION 8:30 – 9:10 DOLANN YELLOW STUDIO	SCULPT /TONE 8:30-9:10 CAROLYN YELLOW STUDIO
SIT&FIT 9:00-9:30 CINDY BLUE STUDIO	SIT&FIT 9:00-9:30 CINDY BLUE STUDIO	SIT&FIT 9:00-9:30 EFSUN BLUE STUDIO	CHAIR ZUMBA 9:00-9:40 EFSUN BLUE STUDIO	SIT&FIT 9:00-9:30 CINDY BLUE STUDIO
PILATES 9:20-10:00 EFSUN YELLOW STUDIO	WATER AEROBICS 9:15-9:55 JENNIFER OUTDOOR POOL	SCULPT/TONE 9:20-10:00 MAUREEN YELLOW STUDIO	ZUMBA TONE 9:20-10:00 DOLANN YELLOW STUDIO	PILATES 9:20-10:00 CAROLYN YELLOW STUDIO
CHAIR YOGA 9:40-10:10 CINDY BLUE STUDIO	ZUMBA TONE 9:20-10:00 DOLANN YELLOW STUDIO	WATER AEROBICS 9:40-10:20 EFSUN OUTDOOR POOL	CHAIR PILATES 9:50-10:25 EFSUN BLUE STUDIO	STRETCH/MOBILITY 9:35-10:10 DOLANN BLUE STUDIO
BALANCE/YOGA 10:20-10:50 CINDY BLUE STUDIO	FACIAL YOGA 9:35-10:05 EFSUN BLUE ROOM	CHAIR YOGA PLUS 9:35-10:05 CINDY BLUE STUDIO	STRETCH MOBILITY (ON MAT) DOLANN 10:10-10:50 YELLOW STUDIO	CARDIO INTERVALS CINDY 10:10-10:50 YELLOW STUDIO
WATER AEROBICS 10:10-10:50 EFSUN OUTDOOR POOL	YOGA FIT 10:10-10:50 EFSUN YELLOW STUDIO	ZUMBA 10:10-10:50 DOLANN YELLOW STUDIO	WATER AEROBICS 10:10-10:50 JENNIFER OUTDOOR POOL	WATER AEROBICS 10:10 – 10:50 EFSUN OUTDOOR POOL
ZUMBA 10:10-10:50 DOLANN YELLOW STUDIO	CHAIR ZUMBA 10:10-10:50 DOLANN BLUE STUDIO STRETCH/MOBILITY 11-11:40 DOLANN BLUE STUDIO	BALANCE 10:10-10:50 CAROLYN BLUE STUDIO	FACIAL YOGA 10:30-11:05 EFSUN BLUE ROOM	CHAIR ZUMBA TONE 10:20-10:50 DOLANN BLUE STUDIO
ZUMBA GOLD 11:00-11:40 DOLANN YELLOW STUDIO	SCULPT FUSION 11:00-11:40 CAROLYN YELLOW STUDIO	SIT AND FIT 11:00-11:40 CAROLYN BLUE STUDIO	SCULPT FUSION 11:00-11:40 CAROLYN YELLOW STUDIO	ZUMBA GOLD 11:00-11:40 DOLANN YELLOW STUDIO
CHAIR PILATES 11:10-11:50 EFSUN BLUE STUDIO	SIT AND FIT 11:50-12:30 CAROLYN BLUE STUDIO	STRETCH MOBILITY (ON MAT) DOLANN 11-11:40 YELLOW STUDIO	CHAIR YOGA 11:10-11:40 CINDY BLUE STUDIO	CHAIR PILATES 11:10-11:40 EFSUN BLUE STUDIO
BEGINNING TAI CHI 1:00-2:20 CARLOS BLUE STUDIO	YOGA SLOW FLOW 12:00-1:20 SANDEE YELLOW STUDIO	BARRE FUSION 11:50-12:30 CAROLYN YELLOW STUDIO	SIT AND FIT 11:50-12:30 CAROLYN BLUE STUDIO	RELAX&RELEASE 11:50-12:20 DOLANN BLUE STUDIO
BARRE YOGA 12:00-12:40 SANDEE YELLOW STUDIO	ADVANCED TAI CHI 2:00-3:20 CARLOS BLUE STUDIO	TAI CHI FLOW 1:00-2:20 CARLOS YELLOW STUDIO	YOGA SLOW FLOW SANDEE 12:00-1:10 GENTLE YOGA 1:20-2:20 SANDEE YELLOW STUDIO	BARRE YOGA 12-12:40 SANDEE YELLOW STUDIO YOGA SLOW FLOW 12:50-2 SANDEE YELLOW STUDIO
GENTLE YOGA 12:50-2:00 SANDEE YELLOW STUDIO	PILATES 4:00-5:20 CAROLYN YELLOW STUDIO	WATER AEROBICS 3:15-3:55 CAROLYN OUTDOOR POOL RELAX&RELEASE 4:05-4:45 CAROLYN YELLOW STUDIO	ROCK BOTTOM/ FAB ABS 4:00-5:20 CAROLYN YELLOW STUDIO	TAI CHI FLOW 1:00-2:20 CARLOS BLUE STUDIO
<b>SATURDAY</b>		<b>SUNDAY</b>		
9:00-9:40 LOW IMPACT AEROBICS MAUREEN YELLOW		9:10-9:50 20/20 MONICA YELLOW STUDIO		
9:45-10:25 WATER AEROBICS MONICA OUTDOOR POOL		10:00-11:20 WATER AEROBICS WEIGHTS MONICA		
9:45-10:25 SCULPT/TONE MAUREEN YELLOW STUDIO		10:00-11:20 YOGA FLOW SANDEE YELLOW STUDIO		
10:35-11:55 PILATES PLUS MONICA YELLOW STUDIO				