

GROUP EXERCISE SCHEDULE EFFECTIVE 11/4/19

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<i>CHAIR EXERCISE (WEIGHTS)</i> 8:30-9:10 CINDY BLUE STUDIO	<i>CHAIR EXERCISE (BANDS)</i> 8:30 – 9:10 CINDY BLUE STUDIO	<i>CHAIR EXERCISE (WEIGHTS)</i> 8:30 – 9:10 CINDY BLUE STUDIO	<i>CHAIR EXERCISE (BANDS)</i> 8:30 – 9:10 CINDY BLUE STUDIO	<i>CHAIR EXERCISE (WEIGHTS)</i> 8:30 – 9:10 CINDY BLUE STUDIO
<i>ZUMBA</i> 8:30-9:10 WANDA YELLOW STUDIO	<i>PILATES</i> 8:30 – 9:10 CAROLYN YELLOW STUDIO	<i>LOW IMPACT AEROBICS</i> 8:30-9:10 MAUREEN YELLOW STUDIO	<i>SCULPT/TONE</i> 8:30 – 9:10 WANDA YELLOW STUDIO	<i>ZUMBA</i> 8:30-9:10 WANDA YELLOW STUDIO
<i>BALANCE</i> 9:20-10:00 CINDY BLUE STUDIO	<i>CHAIR YOGA</i> 9:20 – 10:00 CINDY BLUE STUDIO	<i>SENIOR AEROBICS</i> 9:20-10:00 CINDY BLUE STUDIO	<i>CHAIR YOGA PLUS</i> 9:20 – 10:00 CINDY BLUE STUDIO	<i>BALANCE</i> 9:20 – 10:00 CINDY BLUE STUDIO
<i>BARRE FUSION</i> 9:20-10:00 WANDA YELLOW STUDIO	<i>20/20</i> 9:20-10:00 MONICA YELLOW STUDIO	<i>ZUMBA/TONE</i> 9:20 - 10:00 WANDA YELLOW STUDIO	<i>LOW IMPACT AEROBICS</i> 9:20 - 10:00 WANDA YELLOW STUDIO	<i>PILATES</i> 9:20-10:00 WANDA YELLOW STUDIO
<i>LOW IMPACT AEROBICS</i> 10:10-10:50 CINDY YELLOW STUDIO	<i>CORE SPLASH</i> 9:20-10:00 CAROLYN OUTDOOR POOL	<i>USE YOUR NOODLE</i> 9:20-10:00 MAUREEN OUTDOOR POOL	<i>WATER AEROBICS</i> 10:10 – 10:50 WANDA OUTDOOR POOL	<i>20/20 (BANDS)</i> 10:10-10:50 CINDY YELLOW STUDIO
<i>WATER AEROBICS</i> 10:10-10:50 WANDA OUTDOOR POOL	<i>SENIOR AEROBICS</i> 10:10-10:50 CINDY BLUE STUDIO	<i>SCULPT/TONE</i> 10:10-10:50 CINDY YELLOW STUDIO	<i>CARDIO/TONE</i> 10:10 – 10:50 CINDY YELLOW STUDIO	<i>WATER AEROBICS</i> 10:10 – 10:50 WANDA OUTDOOR POOL
<i>CHAIR YOGA</i> 11:00-11:35 CINDY BLUE STUDIO	<i>WATER AEROBICS</i> 10:10-10:50 MONICA OUTDOOR POOL	<i>WATER AEROBICS</i> 10:10-10:50 WANDA OUTDOOR POOL	<i>CHAIR ZUMBA</i> 11:00 - 11:35 WANDA BLUE STUDIO	<i>ZUMBA GOLD</i> 11:00 - 11:35 WANDA YELLOW STUDIO
<i>ZUMBA GOLD</i> 11:00-11:35 WANDA YELLOW STUDIO	<i>INTERVALS 10:10-10:50</i> <i>BARRE 10:55-11:30</i> CAROLYN YELLOW STUDIO	<i>STANDING GENTLE YOGA</i> 11:00-11:35 CINDY BLUE STUDIO	<i>ARTHRITIS AQUA</i> 11:15-11:55 BOBBIE INDOOR POOL	<i>CHAIR YOGA</i> 11:00-11:35 CINDY BLUE STUDIO
<i>SIT AND FIT</i> 11:45-12:15 WANDA BLUE STUDIO	<i>SIT AND FIT</i> 11:45 – 12:15 CINDY BLUE STUDIO	<i>SIT AND FIT</i> 11:45 – 12:15 WANDA BLUE STUDIO	<i>SIT AND FIT</i> 11:45 – 12:15 WANDA BLUE STUDIO	<i>SIT AND FIT</i> 11:45 – 12:15 WANDA BLUE STUDIO
<i>YIN YOGA</i> 2:00-3:15 SANDEE YELLOW STUDIO	<i>YOGA FLOW</i> 12:30-2:00 SANDEE YELLOW STUDIO	<i>PILATES</i> 4:30-5:10 MONICA YELLOW STUDIO	<i>YOGA FLOW 11:30-12:55</i> <i>YIN YOGA 1:00-2:15</i> SANDEE YELLOW STUDIO	
<i>YOGA @ THE BARRE</i> 3:20-4:00 SANDEE YELLOW STUDIO	<i>WATER AEROBICS</i> 3:15-3:55 CAROLYN OUTDOOR POOL	<i>LOW IMPACT AEROBICS</i> 5:15-5:55 MONICA YELLOW STUDIO	<i>20/20</i> 5:15-5:55 MONICA YELLOW STUDIO	<i>YOGA FLOW</i> 12:30-2:00 SANDEE YELLOW STUDIO
<i>INTERVALS 4:30-5:15</i> <i>PILATES 5:20-6:00</i> CAROLYN YELLOW STUDIO	<i>ZUMBA 3:30-4:15</i> <i>ZUMBA/TONE 4:20-5:00</i> WANDA YELLOW STUDIO	<i>SCULPT/TONE</i> 6:00-6:40 MONICA YELLOW STUDIO	<i>PILATES</i> 6:00-6:40 MONICA YELLOW STUDIO	
SATURDAY		SUNDAY		
9:00-9:45 <i>LOW IMPACT AEROBICS</i> MAUREEN YELLOW STUDIO		9:10-9:50 <i>CARDIO TONE</i> YOUNG YELLOW STUDIO		
9:45-10:30 <i>SCULPT/TONE</i> MAUREEN YELLOW STUDIO		10:00-11:30 <i>YOGA FLOW</i> SANDEE YELLOW STUDIO		
10:35-11:50 <i>PILATES</i> MONICA YELLOW STUDIO		9:45-10:25 <i>WATER AEROBICS</i> OUTDOOR BOBBI		
9:45-10:25 <i>WATER AEROBICS</i> OUTDOOR/ARTHRITIS 10:30-11:10 INDOOR BOBBI		10:30-11:10 <i>ARTHRITIS AQUA</i> INDOOR BOBBI		

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