

**GROUP EXERCISE SCHEDULE BEGINNING FEBRUARY 17th, 2024**

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
20/20 8:30-9:10 KATE YELLOW STUDIO	ZUMBA 8:30-9:10 EFSUN YELLOW STUDIO	LOW IMPACT 8:30-9:10 MAUREEN YELLOW STUDIO	CARDIO INTERVALS 8:30 – 9:10 CINDY YELLOW STUDIO	CARDIO KICK BOX 8:30-9:10 CAROLYN YELLOW STUDIO
SIT&FIT 9:00-9:30 CINDY BLUE STUDIO	SIT&FIT (BANDS) 9:00-9:30 CINDY BLUE STUDIO	SIT&FIT 9:00-9:30 CINDY BLUE STUDIO	CHAIR ZUMBA 9:00-9:40 EFSUN BLUE STUDIO	SIT&FIT 9:00-9:30 CINDY BLUE STUDIO
YOGA-LATES 9:20-10:00 KATE YELLOW STUDIO	ZUMBA TONE 9:20-10:00 DOLANN YELLOW STUDIO	SCULPT/TONE 9:20-10:00 MAUREEN YELLOW STUDIO	ZUMBA 9:20-10:00 DOLANN YELLOW STUDIO	SCULPT FUSION 9:20-10:00 CAROLYN YELLOW STUDIO
CHAIR YOGA 9:35-10:05 CINDY BLUE STUDIO	CHAIR YOGA PLUS 9:35-10:05 CINDY BLUE STUDIO	CHAIR YOGA 9:35-10:05 CINDY BLUE STUDIO	CHAIR PILATES 9:50-10:30 EFSUN BLUE STUDIO	CHAIR YOGA PLUS 9:35-10:05 CINDY BLUE STUDIO
BALANCE YOGA 10:10-10:40 CINDY BLUE STUDIO		ZUMBA 10:10-10:50 DOLANN YELLOW STUDIO	ZUMBA TONE 10:10-10:50 DOLANN YELLOW STUDIO	LOW IMPACT AEROBICS 10:10-10:50 CINDY YELLOW STUDIO
ZUMBA GOLD 11-11:40 DOLANN YELLOW STUDIO	AQUA ZUMBA 9:20-10:00 EFSUN OUTDOOR POOL	ZUMBA 10:10-10:50 DOLANN YELLOW STUDIO	ZUMBA TONE 10:10-10:50 DOLANN YELLOW STUDIO	LOW IMPACT AEROBICS 10:10-10:50 CINDY YELLOW STUDIO
ZUMBA GOLD 11-11:40 DOLANN YELLOW STUDIO	AQUA PILATES 10:10-10:50 CAROLYN OUTDOOR POOL	ZUMBA 10:10-10:50 DOLANN YELLOW STUDIO	ZUMBA TONE 10:10-10:50 DOLANN YELLOW STUDIO	LOW IMPACT AEROBICS 10:10-10:50 CINDY YELLOW STUDIO
WATER AEROBICS 10:10 – 10:50 KATE OUTDOOR POOL	20/20 10:10-10:50 CINDY YELLOW STUDIO	AQUA PILATES 9:20-10 EFSUN OUTDOOR POOL	WATER AEROBICS 10:10-10:50 CAROLYN OUTDOOR POOL	WATER AEROBICS 10:10 – 10:50 CAROLYN OUTDOOR POOL
CHAIR PILATES 11:00-11:40 KATE BLUE STUDIO	CHAIR ZUMBA 10:10-10:50 DOLANN BLUE STUDIO	CHAIR PILATES 10:10-10:50 CAROLYN BLUE STUDIO	CHAIR YOGA 11-11:30 CINDY BLUE STUDIO	ZUMBA GOLD 11:00-11:40 DOLANN YELLOW STUDIO
			SCULPT FUSION 11-11:40 CAROLYN YELLOW STUDIO	
QIGONG 11:45-12:25 LESTER BLUE STUDIO	CHAIR YOGA 11-11:30 CINDY BLUE STUDIO	SIT&FIT 11:00-11:35 CAROLYN BLUE STUDIO	SIT AND FIT 11:45-12:20 CAROLYN BLUE STUDIO	SIT AND FIT 11:10-11:40 CINDY BLUE STUDIO
TAI CHI 12:30-1:10 LESTER BLUE STUDIO	SCULPT FUSION 11-11:40 CAROLYN YELLOW STUDIO	ZUMBA GOLD 11:00-11:40 DOLANN YELLOW STUDIO	YOGA SLOW FLOW 12:00-1:10 SANDEE YELLOW STUDIO	CHAIR ZUMBA TONE 11:45-12:25 DOLANN BLUE STUDIO
BARRE YOGA 12:00-12:40 SANDEE YELLOW STUDIO	SIT&FIT 11:45-12:20 CAROLYN BLUE STUDIO	ZUMBA GOLD 11:00-11:40 DOLANN YELLOW STUDIO	YOGA SLOW FLOW 12:00-1:10 SANDEE YELLOW STUDIO	CHAIR ZUMBA TONE 11:45-12:25 DOLANN BLUE STUDIO
GENTLE YOGA 12:50-2:00 SANDEE YELLOW STUDIO	YOGA SLOW FLOW 12:00-1:20 SANDEE YELLOW STUDIO	BARRE FUSION 11:50-12:30 CAROLYN YELLOW STUDIO	GENTLE YOGA 1:20-2:20 SANDEE YELLOW STUDIO	BARRE YOGA 12:00-12:40 SANDEE YELLOW STUDIO
	QIGONG 4:00-4:40 LESTER BLUE STUDIO	QIGONG 4:00-4:40 LESTER BLUE STUDIO	QIGONG 4:00-4:40 LESTER BLUE STUDIO	YOGA SLOW FLOW 12:50-2:00 SANDEE YELLOW STUDIO
	TAI CHI 4:45-5:25 LESTER BLUE STUDIO	FLEXIBLE STRENGTH 4:45-5:25 LESTER BLUE	TAI CHI 4:45-5:25 LESTER BLUE STUDIO	
	PILATES 4:00-4:40 CAROLYN YELLOW STUDIO	WATER AEROBICS 3:15-3:55 CAROLYN OUTDOOR POOL	PILATES 4:00-4:40 CAROLYN YELLOW STUDIO	
	ROCK BOTTOM/FAB ABS CAROLYN 4:45-5:25	PILATES 4:05-4:45 CAROLYN YELLOW STUDIO	ROCK BOTTOM/FAB ABS CAROLYN 4:45-5:25	
<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		10:00-10:40 WATER AEROBICS WEIGHTS MONICA		
9:45-10:25 SCULPT/TONE MAUREEN YELLOW STUDIO		10:50-11:30 WATER AEROBICS NOODLES MONICA		
10:35-11:55 PILATES PLUS MONICA YELLOW STUDIO		10:00-11:20 YOGA FLOW SANDEE YELLOW STUDIO		