

October Group Exercise Schedule

Monday			Tuesday			Wednesday			Thursday			Friday		
8:00 A.M.	Aqua Stretch Sue H Pool	6:30 A.M.	Self Defense Al YG	8:00 A.M.	Aqua Stretch Sue H Pool	6:30 A.M.	Self Defense Al YG	8:00 A.M.	Aqua Stretch Sue H Pool	8:00 A.M.	Aqua Stretch Sue H Pool			
	Movement for Moms Tiffany RB	8:00 A.M.	Yogalates Lisa GES		Spin Holly GES2	Yogalates Lisa GES	Spin Holly GES2							
	Boogie Blast Rhonda GES	8:30 A.M.	Water Fit Shawn Pool		Boogie Blast Rhonda GES	Water Fit Shawn Pool	HIIT Virtual GES							
	Spin Holly GES2		Spin Jamie GES2	Water Fit Sue H GES	Spin Jamie GES2	Aqua Dance Sue H Pool								
8:30 A.M.	Water Fit Sue H Pool	9:15 A.M.	Strength and Sculpt Lisa GES	9:00 A.M.	Dancing With Dina Dina GES	9:15 A.M.	Strength and Sculpt Lisa GES	9:15 A.M.	Dance Fit Dina GES					
9:00 A.M.	Dancing With Dina Dina GES	10:00 A.M.	Balance and Mobility Nancy/Renee YG	10:15 A.M.	Yoga Sue R GES	10:00 A.M.	Balance and Mobility Nancy/Renee YG	10:15 A.M.	Total Body Bootcamp Virtual GES					
9:30 A.M.	Cycle and Core Victoria GES2	10:15 A.M.	Barre Danielle GES	1:00 P.M.	Homeschool P.E. Dillon YG	10:15 A.M.	Barre Danielle GES	11:15 A.M.	Yoga Amanda GES					
10:15 A.M.	Yoga Stacy GES	11:00 A.M.	Gentle Water Fit Linda Pool		Water Fit Dinnia Pool	11:00 A.M.	Gentle Water Fit Linda Pool	1:00 P.M.	WaterFit Dinnia Pool					
1:00 P.M.	Water Fit Dinnia Pool	11:15 A.M.	Yoga Daniele GES	5:15 P.M.	Yoga Sheila GES	11:15 A.M.	Yoga Danielle GES	5:00 P.M.	Yoga with a Focus Lena GES					
4:00 P.M.	Kids In Motion Dillon YG		Parkinsons Nancy GES2	6:30 P.M.	RIP Denise GES		Parkinson's Nancy GES2	6:15 P.M.	Lower Body Workout Mandy GES					
4:15 P.M.	Step Challenge Jolynn GES	4:15 P.M.	Tabata Tuesday Jolynn GES				4:00 P.M.	Kids in Motion Dillon YG	Saturday					
5:00 P.M.	Water Fit Linda Pool	Spin Denise GES2	4:15 P.M.				Shred Jolynn GES	8:00 A.M.			Yoga Flow Rachel GES			
5:10 P.M.	Intermediate Yoga Sandra/Amanda GES	5:00 P.M.	Water Fit Linda Pool				5:00 P.M.	Spin Denise GES2	11:00 A.M.	Gentle Water Fit Linda Pool				
6:30 P.M.	RIP Denise GES		5:45 P.M.					Yoga Denise GES	5:45 P.M.	Upper Body Workout Mandy GES				
							5:45 P.M.	Yoga Denise GES						
							6:45 P.M.							

YG Youth Gym
GES Group-Ex Studio
GES Group-Ex Studio 2
RB Racquetball
Pool