

January 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					
	Boogie Blast Rhonda GES	8:00 A.M.	Yogalates Lisa GES		Spin Holly GES2	8:00A.M.	Yogalates Lisa GES		Spin Holly GES2					
	Spin Holly GES2	8:30 A.M.	Water Fit Shawn Pool		Boogie Blast Rhonda GES	8:30 A.M.	Water Fit Shawn Pool		Morning Stretch Dillon GES					
8:30 A.M.	Water Fit Sue H Pool	9:15 A.M.	Strength and Sculpt Lisa GES	8:30 A.M.	Water Fit Sue H GES	9:15 A.M.	Strength and Sculpt Lisa GES	8:30 A.M.	Aqua Dance Sue H Pool					
9:00 A.M.	Dancing With Dina Dina GES	10:00 A.M.	Balance and Mobility Nancy/Renee YG	9:00 A.M.	Dancing With Dina Dina GES	10:00 A.M.	Balance and Mobility Nancy/Renee YG	9:15 A.M.	Yoga Kellie GES					
9:30 A.M.	Cycle and Core Victoria GES2	10:15 A.M.	Barre Danielle GES	10:15 A.M.	Yoga Sue R GES	10:15 A.M.	Barre Danielle GES	10:15 A.M.	Power Yoga Kellie GES					
10:15 A.M.	Yoga Stacy GES	11:00 A.M.	Gentle Water Fit Linda Pool	1:00 P.M.	Homeschool P.E. Dillon YG	11:00 A.M.	Gentle Water Fit Linda Pool	11:15 A.M.	Yoga Amanda GES					
1:00 P.M.	Water Fit Dinnia Pool	11:15 A.M.	Yoga Danielle GES		Water Fit Dinnia Pool	11:15 A.M.	Yoga Danielle GES	1:00 P.M.	WaterFit Dinnia Pool					
2:00 P.M.	Shred and Tread Dillon GES/Pool		Parkinsons Nancy GES2		Yoga Sheila GES		Parkinson's Nancy GES2	2:00 P.M.	Shred and Tread Dillon GES/Pool					
4:00 P.M.	Kids In Motion Dillon YG	4:15 P.M.	Tabata Tuesday Jolynn GES	6:30 P.M.	RIP Denise GES	4:00 P.M.	Kids in Motion Dillon YG	5:00 P.M.	Yoga with a Focus Lena GES					
4:15 P.M.	Step Challenge Jolynn GES	5:00 P.M.	Spin Denise GES2	 the YMCA		44:15 P.M.	Shred Jolynn GES	6:15 P.M.	Lower Body Workout Mandy GES					
5:00 P.M.	Water Fit Linda Pool		5:00 P.M.			Spin Denise GES2	Saturday							
5:10 P.M.	Yoga Amanda GES					Water Fit Linda Pool								
6:30 P.M.	RIP Denise GES	5:45 P.M.	Yoga Denise GES			8:00 A.M.	Yoga Flow Rachel GES							
						11:00 A.M.	Gentle Water Fit Linda Pool							
						10:15A.M.	Pilates Virtual GES							

YG Youth Gym
GES Group-Ex Studio
GES Group-Ex Studio 2



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