

August Group Exercise Schedule

Monday			Tuesday			Wednesday			Thursday			Friday		
5:45 A.M.	Rise and Grind Rhonda GES	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	5:45A.M.	Rise and Grind Rhonda GES				
8:00 A.M.	Aqua Stretch Sue H Pool	8:00 A.M.	Yogalates Lisa GES			Spin Holly GES2	8:00A.M.	Yogalates Lisa GES	8:00 A.M.	Aqua Stretch Sue H Pool				
	Pilates Rhonda GES	8:30 A.M.	Water Fit Shawn Pool			Dance Fusion Rhonda GES	8:30 A.M.	Water Fit Shawn Pool		Spin Holly GES2				
	Spin Holly GES2	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		8:15 A.M.	Pilates Chelsea GES			
8:30 A.M.	Water Fit Sue H Pool	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	8:30 A.M.	Aqua Dance Sue H Pool					
9:00 A.M.	Dancing With Dina Dina GES	10:15 A.M.	Barre Danielle GES	10:00 A.M.	Chair Yoga Susan YG	10:15 A.M.	Barre Danielle GES	9:15 A.M.	Yoga Kellie GES					
10:00 A.M.	Chair Yoga Susan YG	11:00 A.M.	Gentle Water Fit Linda Pool	10:15 A.M.	Pilates Rhonda GES	11:00 A.M.	Gentle Water Fit Linda Pool	10:15 A.M.	Power Yoga Kellie GES					
10:15 A.M.	Yoga Stacy GES	11:15 A.M.	Yoga Danielle GES	12:00 P.M.	Water Fit Tina Pool	11:15 A.M.	Yoga Danielle GES	11:15 A.M.	Yoga Amanda GES					
12:00 P.M.	Water Fit Tina Pool		Parkinsons Nancy GES2	5:15 P.M.	Yoga Sheila GES		12:00 P.M.	Parkinson's Nancy GES2	12:00 P.M.	WaterFit Tina Pool				
4:15 P.M.	Step Challenge Jolynn GES	4:15 P.M.	Tabata Tuesday Jolynn GES	6:30 P.M.	RIP Denise GES	4:15 P.M.	Shred Jolynn GES	5:00 P.M.	Yoga with a Focus Lena GES					
5:10 P.M.	Yoga Amanda GES	5:00 P.M.	Spin Denise GES2	7:30 P.M.	Wing Tsun Ryan GES	5:00 P.M.	Spin Denise GES2	6:15 P.M.	Lower Body Workout Mandy GES					
6:30 P.M.	RIP Denise GES		Water Fit Linda Pool	YG Youth Gym GES Group-Ex Studio GES2 Group-Ex Studio 2 RB Racquetball the YMCA			Water Fit Linda Pool	Saturday Wing Tsun Ryan GES Pilates Chelsea GES Chiro:Yoga Norbert GES Gentle Water Fit Linda Pool						
		Yoga Denise GES	5:45 P.M.				Yoga Denise GES			9:15 A.M.				
			6:45 P.M.				Upper Body Workout Mandy GES			10:15A.M.				
										11:00 A.M.				

YG	Youth Gym
GES	Group-Ex Studio
GES2	Group-Ex Studio 2
RB	Racquetball Pool

