

# GROUP EXERCISE SCHEDULE 2021

## Monday

7:00 am Deep Water w/ Mary  
8:00 am Tai Chi w/ Todd  
9:00 am Spin w/ Cheri  
10:00 am Strength Training w/ Rachel NEW  
for September

## Tuesday

6:30 am Circuit w/ Kerrie  
7:00 am Aqua Strength Training w/ Mary  
12:00 pm Pilates & Foundation w/ Anne  
1:00 pm Aqua Zumba w/ Tonya  
3:15 pm All Levels Yoga w/ Liz NEW TIME  
4:15 pm Spin w/ Kathleen NEW TIME  
No Class 9/7 & 9/14  
5:00 pm Dance Fit w/ Kathleen NEW for  
September - Starts 9/21



## Wednesday

7:00 am Deep Water w/ Mary  
8:00 am Tai Chi w/ Todd  
9:00 am Spin w/ Kathleen  
10:00 am Strength Training w/ Kathleen

## Thursday

6:30 am Circuit w/ Kerrie  
12:00 pm Pilates & Foundation w/ Anne  
1:00 pm Waterworks w/ Cheri  
3:15 pm Deep Stretch/Fascia Release w/ Liz  
NEW TIME

## Friday

7:00 am Waterworks w/ Pattie NEW Starts 9/10  
9:00 am Spin w/ Kathleen or Cheri  
10:00 am Strength Training w/ Melinda  
12:00pm Gentle Yoga & Guided Meditation w/ Liz

## Saturday

Saturdays for September only  
9:30 am Pilates/ Foundation w/ Gail  
1:00 pm Aqua Zumba w/ Tonya



## Sunday



\*Waiver and Monthly Fee for Non-Member. Some classes are fee based and registration is required. Specialty classes and workshops are offered throughout

Effective 9/1 /2021