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| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
| 5:15-6:15 am  Cycling  Jamie  Aerobics Room |  | 5:15-6:15 am  Cycling  Jamie  Aerobics Room |  | 5:15-6:15 am  Cycling  Amanda  Aerobics Room |  |
| 8:00-9:00 am  Zumba  Sharon  Aerobics Room | 8:00-9:00 am  Yoga  Karen  Aerobics Room | 8:00-9:00 am  Sculpt & Stretch  Sharon  Aerobics Room | 8:00-9:00 am  Yoga  Cindee  Aerobics Room | 8:00-9:00 am  Cardio Mix  Sharon  Aerobics Room |  |
| 9:30-10:15 am  Cycling  Natalie  Aerobics Room | 9:30-10:15 am  Cycling  Elan  Aerobics Room | 9:30-10:30 am  Power Yoga  Elan  Aerobics Room | 9:30-10:15 am  Cycling  Larry  Aerobics Room |  | 9:00-9:45 am  Cycling  Larry  Aerobics Room |
| 9:30-10:20 am  Aqua Workout  Tamara  Pool |  | 9:30-10:20 am  Aqua Workout  Natalie  Pool | 9:30-10:20 am  SUP Yoga  Elan  Pool | 9:30-10:20 am  Aqua Workout  Irene  Pool |  |
|  |  |  |  |  | 10:00-11:00 am  Yoga  Rotating  (Karen or Cindee)  Aerobics Room |
|  | 11:00-11:30 am  Silver Sneakers  Zoom  Sharon |  | 11:00-11:30 am  Silver Sneakers  Zoom  Sharon |  |  |
| 5:30-6:30 pm  Yoga Strong  Cindee  Aerobics Room | 5:30-6:15 pm  Zumba  Jane  Aerobics Room | 5:30-6:15 pm  Cycling  Larry  Aerobics Room | 5:30-6:30 pm  Power Yoga  Elan  Aerobics Room |  |  |