

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>STEP INTERVAL 5:30-6:30 AM <i>Megan</i> Group Ex. Studio</p> <p>BARRE 8:30-9:15 AM <i>Eileen</i> Group Ex. Studio</p> <p>TRX CIRCUIT 8:30-9:15 AM <i>Jennifer</i> Fitness Studio</p> <p>STRETCH 9:00-9:30 AM <i>Kathy</i> Multipurpose Room</p> <p>YOGA 9:45-10:45 AM <i>Jennifer</i> Multipurpose Room</p> <p>BODY PUMP 5:30-6:30 PM <i>Heather</i> Group Ex. Studio</p> <p>ZUMBA 5:30-6:30 PM <i>Lucy</i> Fitness Studio</p> <p>YOGA 6:45-7:45 PM <i>Lauralee</i> Group Ex. Studio</p>	<p>TRX 6:00-7:00 AM <i>Tamara</i> Fitness Studio</p> <p>MAT PILATES 7:45-8:30 AM <i>Eileen</i> Group Ex. Studio</p> <p>BODYPUMP 8:40-9:40 AM <i>Vicky</i> Group Ex. Studio</p> <p>CHAIR YOGA 10:30-11:30 AM <i>Jennifer</i> Multipurpose Room</p> <p>BODYCOMBAT 5:15-6:10 PM <i>Larry</i> Group Ex. Studio</p> <p>BODYPUMP 6:15-7:15 PM <i>Larry</i> Group Ex. Studio</p>	<p>HIIT 6:00-7:00 AM <i>Tamara</i> Group Ex. Studio</p> <p>*CYCLE 6:00-6:45 AM <i>Eileen</i> Multipurpose Room</p> <p>ZEN 8:00-8:45 AM <i>Julie</i> Group Ex. Studio</p> <p>*RPM 9:00-9:45 AM <i>Neda</i> Multipurpose Room</p> <p>FOREVER FIT 11:00-11:45 AM <i>Julie/Kathy</i> Group Ex. Studio</p> <p>BODYPUMP 12:00-1:00 PM <i>Jennifer</i> Group Ex. Studio</p> <p>ZUMBA 5:30-6:30 PM <i>Lucy</i> Group Ex. Studio</p> <p>HIIT 5:00-5:30 PM <i>Kile</i> Fitness Studio</p> <p>YOGA 7:00-8:00 PM <i>Jim</i> Group Ex. Studio</p>	<p>BODYCOMBAT 6:30-7:15 AM <i>Kile</i> Group Ex. Studio</p> <p>BODYPUMP 8:40-9:40 AM <i>Neda</i> Group Ex. Studio</p> <p>YOGA <input type="checkbox"/> 9:45-10:45 AM <i>Jennifer</i> Fitness Studio</p> <p>CHAIR YOGA 11:20 AM-12:20 PM <i>Eileen</i> Multipurpose Room</p> <p>ZUMBA TONING 5:30-6:00 PM <i>Lucy</i> Group Ex. Studio</p> <p>STRENGTH TRAINING 5:30-6:30 PM <i>Tamara</i> Fitness Studio</p> <p>STRONG 30 6:05-6:35 PM <i>Lucy</i> Group Ex. Studio</p> <p>BODYPUMP 6:45-7:45 PM <i>Vicky</i> Group Ex. Studio</p>	<p>STRENGTH TRAINING 5:30-6:30 AM <i>Megan</i> Group Ex. Studio</p> <p>BARRE 8:30-9:20 AM <i>Samantha</i> Group Ex. Studio</p> <p>STRETCH 8:30-9:00 AM <i>Kathy</i> Multipurpose Room</p> <p>YOGA <input type="checkbox"/> 9:30-10:30 AM <i>Jennifer</i> Fitness Studio</p> <p>*CYCLE 9:30-10:15 AM <i>Samantha</i> Multipurpose Room</p> <p>RESTORATIVE YOGA <input type="checkbox"/> 12:00-1:00 PM <i>Eileen</i> Fitness Studio</p> <p>BODYCOMBAT 5:00-6:00 PM <i>Tony</i> Group Ex. Studio</p>	<p>STEP CHALLENGE 6:30-7:30 AM <i>Megan</i> Group Ex. Studio</p> <p>*RPM 8:15-9:00 AM <i>Larry</i> Multipurpose Room</p> <p>BODYPUMP 8:15-9:15 AM <i>Kile</i> Group Ex. Studio</p> <p>HIIT 9:20-9:50 AM (new time) <i>Kile</i> Group Ex. Studio</p>	<p>BODYCOMBAT 8:00-9:00 AM <i>Tony</i> Fitness Studio</p> <p>YOGA 9:00-10:00 AM <i>Jim/Larry</i> Group Ex. Studio</p> <p>TRX 9:00-10:00 AM <i>Tamara</i> Fitness Studio</p>

Register at epd.org
 Classes available virtually
 and in-person: Register two (2)
 hours – four (4) days in advance

***Cycle and RPM classes:**
 Register two (2) hours – four (4)
 days in advance

No outdoor shoes in studios.
 Classes/Instructors subject to
 change without notice. See back
 for class descriptions or visit
courtsplus.com/group-exercise
 for class descriptions