

Start: August 3

COURTS PLUS GROUP EXERCISE SCHEDULE

All classes will be in the
Multi-purpose Room

MON	TUE	WED	THU	FRI	SAT	SUN
5:30-6:30 am CSI Megan	6-7 am Strength Training Tamara	6-7 am HIIT Tamara	5:25-6:25 am Strength Training Megan	6:15-7 am CSI Tina	7:05-8:05 am Step Challenge Megan	8-8:45 am BodyCombat Tony
7:30-8:15 am HIIT Pilates Patty	7:45-8:30 am Mat Pilates Eileen	7:30-8:15 am ZEN Patty	6:30-7:15 am BodyCombat Kile	7:10-7:55 am Strength Training Haley	8:15-9:15 am BodyPump Kile	8:55-9:40 am Strength Training Tamara
8:20-9 am Strength Training Haley	8:40-9:40 am BodyPump Jennifer	8:20-9:05 am Yoga Sculpt Teresa	8:40-9:40 am BodyPump Neda	8-8:30 am Stretch Tina	9:20-9:50 am HIIT Kile	9:50-10:50 am Yoga Jim/Larry
9:05-9:35 am Stretch Kathy	10:30-11:30 am Chair Yoga Patty	9:15-10 am RPM Neda	9:50-10:40 am Yoga Jim	8:40-9:30 am BARRE Sam	10-10:45 am RPM Larry	
9:45-10:45 am Yoga Jennifer	11:45 am-12:30 pm Zumba Gold Lucy	10:05-10:45 am Forever Fit Sandy	10:45-11:30 am Chair Yoga Jim	9:40-10:40 am Yoga Jennifer		
11-11:45 am Forever Fit Tamara	5:15-6:10 pm BodyCombat Larry	10:55-11:45 am Chair Yoga Jim	11:45 am-12:30 pm Zumba Gold Lucy	12-1 pm Restorative Yoga Deepa		
12-1 pm BodyPump Neda/Heather	6:15-7 pm BARRE Laura	12-1 pm BodyPump Jennifer	5:15-6 pm Strength Training Tamara	5-6 pm BodyCombat Tony		
5:30-6:30 pm BodyPump Kile		5-5:30 pm HIIT Kile	6:10-6:55 pm Zumba Lucy			
6:45-7:45 pm Yoga Lauralee		5:35-6:20 pm BodyPump Kile	7:05-8 pm Yoga Jim			
		6:30-7:30 pm Zumba Lucy				

Updated 7/31/26