

## Group Exercise Schedules January 6 - March 30

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30-6:30 am <b>CSI</b> Megan Group Exercise Studio	6:00-7:00 am <b>TRX</b> Tamara Fitness Studio	6:00-7:00 am <b>HIIT</b> Tamara Group Exercise Studio	5:25-6:25 am <b>Strength Training</b> Megan Group Exercise Studio	8:20-8:50 am <b>Stretch</b> Tina Multi-Purpose Room	6:30-7:30 am <b>Step Challenge</b> Megan Group Exercise Studio	8:00-9:00 am <b>BodyCombat</b> Tony Group Exercise Studio
8:00-9:00 am <b>HIIT Pilates</b> Patty Group Exercise Studio	7:45-8:30 am <b>Mat Pilates</b> Eileen Group Exercise Studio	7:45-8:30 am <b>ZEN</b> Patty Group Exercise Studio	6:30-7:15 am <b>BodyCombat</b> Kile Group Exercise Studio	8:40-9:30 am <b>BARRE</b> Samantha Group Exercise Studio	8:15-9:00 am <b>RPM</b> Larry Multi-Purpose Room	9:00-10:00 am <b>TRX</b> Tamara Fitness Studio
8:45-9:30 am <b>TRX</b> Jennifer Fitness Studio	8:40-9:40 am <b>BodyPump</b> Jennifer Group Exercise Studio	8:35-9:05 am <b>Stretch</b> Patty Multi-Purpose Room	8:40-9:40 am <b>BodyPump</b> Jennifer/Heather Group Exercise Studio	9:30-10:30 am <b>Yoga</b> Jennifer Multi-Purpose Room	8:15-9:15 am <b>BodyPump</b> Kile Group Exercise Studio	9:00-10:00 am <b>Yoga</b> Jim/Larry Multi-Purpose Room
9:00-9:30 am <b>Stretch</b> Kathy Multi-Purpose Room	10:30-11:30 am <b>Chair Yoga</b> Patty Multi-Purpose Room	8:35-9:20 am <b>Yoga Sculpt</b> Theresa Group Exercise Studio	9:45-10:45 am <b>Yoga</b> Jennifer Fitness Studio	12:00-1:00 pm <b>Restorative Yoga</b> Eileen Fitness Studio	9:20-9:50 am <b>HIIT</b> Kile Group Exercise Studio	9:15-10:00 am <b>BARRE</b> Laura Group Exercise Studio
9:45-10:45 am <b>Yoga</b> Jennifer Multi-Purpose Room	11:45 am-12:30 pm <b>Zumba Gold</b> Lucy Group Exercise Studio	9:15-10:00 am <b>Cycle</b> Heather Multi-Purpose Room	10:30-11:30 am <b>Chair Yoga</b> Eileen Multi-Purpose Room	5:00-6:00 pm <b>BodyCombat</b> Tony Group Exercise Studio	10:00-11:00 am <b>BodyCombat</b> Anne Group Exercise Studio	
10:00-10:45 am <b>Forever Fit</b> Tamara Group Exercise Studio	5:15-6:10 pm <b>BodyCombat</b> Larry Group Exercise Studio	10:30-11:30 am <b>Chair Yoga</b> Jim Multi-Purpose Room	11:45 am-12:30 pm <b>Zumba Gold</b> Lucy Group Exercise Studio			
12:00-1:00 pm <b>BodyPump</b> Heather Group Exercise Studio	6:15-7:00 pm <b>BARRE</b> Laura Fitness Studio	10:45-11:30 am <b>Forever Fit</b> Kathy Group Exercise Studio	5:30-6:30 pm <b>Strength Training</b> Tamara Fitness Studio			
5:30-6:30 pm <b>BodyPump</b> Kile Group Exercise Studio	6:15-7:15 pm <b>BodyPump</b> Larry Group Exercise Studio	12:00-1:00 pm <b>BodyPump</b> Jennifer Group Exercise Studio	5:30-6:30 pm <b>Zumba</b> Lucy Group Exercise Studio			
5:30-6:15 pm <b>Zumba</b> Lucy Fitness Studio		5:00-5:30 pm <b>HIIT</b> Kile Group Exercise Studio	6:45-7:45 pm <b>Yoga</b> Jim Group Exercise Studio			
6:45-7:45 pm <b>Yoga</b> Lauralee Group Exercise Studio		5:35-6:20 pm <b>BodyPump</b> Kile Group Exercise Studio				
		6:30-7:15 pm <b>Zumba</b> Lucy Group Exercise Studio				

See back for class descriptions or visit [courtsplus.com/group-exercise](https://courtsplus.com/group-exercise) for class descriptions

No outdoor shoes in studios.

Classes/Instructors subject to change without notice.