

COURTS PLUS GROUP EXERCISE SCHEDULE | MARCH 30-JUNE 21

MONDAY

5:30-6:30 AM
CSI | Megan
Group Ex Studio

8:00-9:00 AM
HIIT Pilates | Patty
Group Ex Studio

9:00-10:00 AM
TRX | Haley
Fitness Studio

9:00-9:30 AM
Stretch | Kathy/Patty
Multi-Purpose
Room

9:45-10:45 AM
Yoga | Jennifer
Multi-Purpose
Room

10:00-10:45 AM
Forever Fit | Tamara
Group Ex Studio

12:00-1:00 PM
BodyPump |
Neda/Heather
Group Ex Studio

5:30-6:30 PM
BodyPump |
Kile/Heather
Group Ex Studio

6:45-7:45 PM
Yoga | Lauralee
Group Ex Studio

TUESDAY

6:00-7:00 AM
TRX | Tamara
Fitness Studio

7:45-8:30 AM
Mat Pilates | Eileen
Group Ex Studio

8:40-9:40 AM
BodyPump | Jennifer
Group Exercise
Studio

10:30-11:30 AM
Chair Yoga | Patty
Multi-Purpose
Room

11:45-12:30 PM
Zumba Gold | Lucy
Multi-Purpose
Room

5:15-6:10 PM
Body Combat | Larry
Group Ex Studio

6:15-7:15 PM
Body Pump |
Larry/Kile
Group Ex Studio

WEDNESDAY

6:00-7:00 AM
HIIT | Tamara
Group Ex Studio

7:45-8:30 AM
ZEN | Patty
Group Ex Studio

8:35-9:05 AM
Stretch | Patty
Multi-Purpose Room

8:35-9:20 AM
Yoga Sculpt | Teresa
Multi-Purpose Room

9:30-10:15 AM
RPM | Neda
Multi-Purpose Room

9:30-10:15 AM
Restorative Yoga | Teresa
Group Ex Studio

10:30-11:30 AM
Chair Yoga | Jim
Multi-Purpose Room

10:30-11:15 AM
Forever Fit | Sandy
Group Ex Studio

12:00-1:00 PM
BodyPump | Jennifer
Group Ex Studio

5:00-5:30 PM
HIIT | Kile
Group Ex Studio

5:35-6:20 PM
BodyPump | Kile
Group Ex Studio

6:30-7:30 PM
Zumba | Lucy
Group Ex Studio

THURSDAY

5:25-6:25 AM
Strength Training |
Megan
Group Ex Studio

6:30-7:15 AM
BodyCombat | Kile
Group Ex Studio

8:40-9:40 AM
BodyPump | Neda
Group Ex Studio

9:45-10:45 AM
Yoga | Jim
Fitness Studio

10:30-11:30 AM
Chair Yoga | Eileen
Multi-Purpose
Room

11:45 AM-12:30 PM
Zumba Gold | Lucy
Multi-Purpose
Room

5:30-6:30 PM
Zumba | Lucy
Group Ex Studio

5:30-6:30 PM
Strength Training |
Tamara
Fitness Studio

6:45-7:45 PM
Yoga | Jim
Group Ex Studio

FRIDAY

6:30 AM-7:15 AM
CSI | Anne
Group Ex Studio

8:00-8:30 AM
Stretch | Tina
Multi-Purpose
Room

8:40-9:30 AM
BARRE | Sam
Group Ex Studio

8:40-9:25 AM
RPM | Neda
Multi-Purpose
Room

9:35-10:35 AM
CSI | Haley
Group Ex Studio

9:35-10:35 AM
Yoga | Jennifer
Multi-Purpose
Room

12:00-1:00 PM
Restorative Yoga |
Deepa
Fitness Studio

5:00-6:00 PM
BodyCombat | Tony
Group Ex Studio

SATURDAY

****6:30-7:30 AM**
Step Challenge
Megan
Group Ex Studio

8:15-9:00 AM
RPM | Larry
Multi-Purpose
Room

8:15-9:15 AM
BodyPump | Kile
Group Ex Studio

9:20-9:50 AM
HIIT | Kile
Group Ex Studio

10:00-11:00 AM
BodyPump | Cari
Group Ex Studio

11:05-11:50 AM
Zumba | Cari
Group Ex Studio

SUNDAY

8:00-9:00 AM
BodyCombat | Tony
Group Ex Studio

9:00-10:00 AM
TRX | Tamara
Fitness Studio

9:00-10:00 AM
Yoga | Jim/Larry
Multi-Purpose
Room

**** Starting June 6**
Saturday Step
Challenge will be
7:05-8:05 due to
summer hours

Visit courtsplus.com/group-exercise for class descriptions

Schedule subject to change.
Please check the Courts Plus
app or the front desk for
updates.

No outdoor shoes in studios.