

Beginning September 21

COURTS PLUS GROUP EXERCISE SCHEDULE

MON	TUE	WED	THU	FRI	SAT	SUN
5:30-6:30 am CSI Megan	6-7 am TRX 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	8-9 am BodyCombat Tony
8-9 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	8-8:30 am Stretch Tina	8:15-9:15 am BodyPump Kile	9-10 am TRX Tamara
9-10 am TRX Haley	8:40-9:40 am BodyPump Jennifer	8:20-9:05 am Yoga Sculpt Teresa	8:40-9:40 am BodyPump Neda	8:40-9:30 am BARRE Sam	9:20-9:50 am HIIT Kile	9:15-10:15 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	9:30-10:30 am TRX Haley	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				

All classes will be in the
Multi-purpose Room

Classes highlighted in **Pink**
are in the **Fitness Studio**