

Monday			Tuesday			Wednesday			Thursday			Friday		
Group Exercise Studio	Fitness Studio	Multi-Purpose Room	Group Exercise Studio	Fitness Studio	Multi-Purpose Room	Group Exercise Studio	Fitness Studio	Multi-Purpose Room	Group Exercise Studio	Fitness Studio	Multi-Purpose Room	Group Exercise Studio	Fitness Studio	Multi-Purpose Room
											6:30-7:15 Cycle Jennifer F.			
8:30-9:30 Lean 'n Mean Julie		8:30-9:00 Stretch Jennifer	8:30-9:30 BodyPump Shelbie		8:30-9:15 Cycle Samantha				8:30-9:30 BodyPump Neda			8:30-9:20 BARRE Samantha		
		9:45-10:45 Yoga Jennifer				9:00-10:00 Zumba Lucy		11:00-12:00 Chair Yoga Nancy				9:45-10:45 Yoga Jennifer		
10:30-11:30 Zumba Gold Silvia												10:30-11:30 Forever Fit Julie		
6:00-7:00 BodyPump Jennifer		4:30-8:00 Karate ETSD	6:00-7:00 BodyCombat Kile		4:00-8:00 Karate ETSD	5:30-6:30 Zumba Lucy	5:30-6:30 Kettle Strength Antonette <i>No class 10/7</i>	4:30-8:00 Karate ETSD	5:30-6:15 Strong Lucy		4:00-8:00 Karate ETSD			4:30-8:00 Karate ETSD
						7:00-8:00 Yoga Kelly								

REGISTER AT COURTSPUS.COM/GROUP-EXERCISE

Classes in green require an additional fee and registration. Register four days in advance and no less than 24 hours.

No outdoor shoes in studios. Classes/Instructors subject to change without notice.

Saturday		
Group Exercise Studio	Fitness Studio	Multi-Purpose Room
9:00-10:00 BodyCombat Neda/Larry <i>No class 10/10</i>		8:30-9:15 Cycle Jen F./Samantha

Visit courtsplus.com/group-exercise for full class descriptions.

Indoor Group Exercise Guidelines:

- Registration Required. Register at courtsplus.com. Register 4 days in advance and not less than 24 hours in advance.
- No walk in's. No exceptions.
- Members only.
- Do not arrive earlier than 10 minute prior to class.
- Please call to cancel if you cannot attend class to allow someone from the waiting list to join.
- Late arrivals will forfeit their spot to those on the waiting list.
- Childcare is not available
- Bring water – no water fountains will be available
- Locker Rooms are not available
- Mask is required until you are in your space and class has begun, then you may remove your mask though we encourage the use of a mask at all times.
- Bring a mat – mats will not be provided
- No sharing of equipment
- Please stay home if you are feeling sick, including any of the following symptoms: fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, diarrhea

REGISTER AT [COURTSPUS.COM/GROUP-EXERCISE](https://courtsplus.com/group-exercise)

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