

GROUP FITNESS IS MOVING OUTDOORS!

Please check in at front desk and proceed to Court 5 through the tennis hallway.

For all Cycle classes, please check in at front desk and proceed to class by walking to the back of the track.

MONDAY

5:45am - Megan - Cycle
7:00am - Lisa D - TBW
8:30am - Sue L - Cardio Strength
9:30am - Ali - Power Intervals
9:30am - Megan - Cycle
5:30pm - Anne L - FAST

TUESDAY

7:30am - Lisa D - Final Cut
7:30am - Cheryl - Cycle
8:30am - Lisa D - Power Intervals
9:30am - Leslie K - Athletic Conditioning
9:30am - Cheryl - Cycle
5:30pm - Jaimee T - Cardio Strength

WEDNESDAY

5:45am - Suzi - Cycle
7:00am - Sue L - TBW
8:30am - Sue L - Circuits
9:30am - Ali - Power Intervals
9:30am - Megan - Cycle

THURSDAY

5:45am - Megan - Cycle
7:00am - Cheryl - Cycle
7:30am - Anne - Circuits
8:00am - Cheryl - Cycle/Strength
8:30am - Lisa D - Cardio Core
9:30am - Leslie - FAST
6:00pm - Jaime S - FAST

FRIDAY

5:45am - Jaime/Stephanie - Cycle
7:00am - Jaimee T - TBW
8:30am - Anne - Final Cut
9:30am - Leslie - Power Intervals

SATURDAY

8:00am - Leslie/Jaime - Athletic Conditioning
8:15am - Sheryl - Cycle

SUNDAY

8:00am - Jaime - Circuits
9:30am - Sue - Final Cut