

Winter 2023 Classes

****ZOOM Classes in RED**

Group Exercise

Updated: October 19, 2023

MON	TUE	WED	THU	FRI	SAT
Cycling 6:00 am David	Bootcamp 6:00 am Neil	Cycling 6:00 am Suzannie	Bootcamp 6:00 am Neil	Cycling 6:00 am Kayla	Masters 6:00 am John
Masters 6:00 am John	Masters 6:00 am John	Masters 6:00 am Katie	Masters 6:00 am John	Masters 6:00 am John	Strength 9:00 am Natalia
Bootcamp 8:15 am *zoom Alexandra	Cycling 7:00 am Theresa	Strength 7:15 am Kayla	Cycling 7:00 am Theresa	Strength 7:00 am Kayla	Strength*zoom 9:00 am Neil
Pilates 9:00 am Elaine	Masters 9:00 am Jamie	Bootcamp 8:15am *zoom Alexandra	Masters 9:00 am Jamie	Bootcamp 8:15am *zoom Alexandra	YOGA 11:00 am Kate
Aqua Aerobics 9:00 am Carol	Qigong ** 9:45 am Josh	Aqua Aerobics 9:00 am Carol	Tai Chi 9:45 am Josh	Aqua Aerobics 9:00 am Carol	
Aqua Aerobics 10:00 am Carol		Aqua Aerobics 10:00 am Carol	Pilates 10:30 am Elaine	Aqua Aerobics 10:00 am Carol	
Aqua Therapy 11 am Andrea		Aqua Therapy 11:00 am Carol		Aqua Therapy 11:00 am Carol	
		Weights 5:30 pm Neil			
Cycling 6:00 pm Kayla		YOGA 6:00 pm Caitlin	YOGA 6:00 pm Jeannette		YOGA 9:15 am Sarah

SUN