

## GROUP EX SCHEDULE

This schedule is ongoing & updated as needed

Updated 4.10.23

GROUP EX ROOM		BASKETBALL GYM		ORR ROOM		
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		CYCLING 5:45-6:30A RICHELLE		CYCLING 6:15-7:00A RICHELLE (no class 4/14)	PICKLEBALL 7:00-9:00A WHOLE GYM	
TONING 8:15-9:00A JESSICA	YOGA 8:00-8:45A TINA	TONING 8:15-9:00A JESSICA		TONING 8:15-9:00A JESSICA		
STRETCHING 9:15-10:00A TINA	PILATES 9:00-9:45A JANE	YOGA BARRE 9:15-10:00A TINA	PILATES 9:00-9:45A JANE	WILDCARD 9:15-10:00A JESSICA		YOGA 9:00-9:45A MELISSA
PICKLEBALL 9:15A-12:00P WHOLE GYM				PICKLEBALL 9:15A-12:00P WHOLE GYM	ZUMBA 9:30-10:15A APRIL	
	SILVER SNEAKERS CLASSIC 10:00-10:45A JANE	SILVER SNEAKERS CLASSIC 10:00-10:45A JANE	SILVER SNEAKERS CLASSIC 10:00-10:45A JANE		BEGINNER HIIT 10:30-11:15A LILLIAN	
	SILVER SNEAKERS CLASSIC 11:00-11:45A JANE	SILVER SNEAKERS CLASSIC 11:00-11:45A JANE	SILVER SNEAKERS CLASSIC 11:00-11:45A JANE			
		PICKLEBALL 12:00-3:00P BACK HALF ONLY				BEGINNER STEP 12:30-1:15P LILLIAN
			SPIN & TONE 5:15-6P OLIVIA			
SPIN & TONE 6:00-6:45P BECKY	ZUMBA 6:00-6:45P MARJORIE	ZUMBA 6:00-6:45P MARJORIE	YOGA BARRE 6:00-6:45P SHELLI			
ZUMBA 6:15-7:00P APRIL						
BOOTCAMP 7:15-8:00P DEMICA	CORE CONDITIONING 7:00-7:45P EDNA	BEGINNER HIIT 7:00-7:45P LILLIAN	CARDIO VARIETY 7:00-7:45P EDNA			