

# GROUP EX SCHEDULE

## 9/13 - 12/31/22

GROUP EX ROOM		BASKETBALL GYM		ORR ROOM	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
YOGA 5:30-6:15A NICOLE S				CYCLING 6:15-7:00A RICHELLE	PICKLEBALL 7:00-8:30A WHOLE GYM
TONING 8:15-9:00A JESSICA	YOGA 8:15-9:00A TINA	TONING 8:15-9:00A JESSICA	WILDCARD 8:00-8:45A KELLIE	TONING 8:15-9:00A JESSICA	
STRETCHING 9:15-10:00A TINA		STRETCHING 9:15-10:00A LUCINDA	BARRE 9:00-9:45A KELLIE	STRETCHING 9:15-10:00A LUCINDA	YOGA 9:00-9:45A MELISSA
PICKLEBALL 9:15A-12:00P WHOLE GYM			TAI CHI 9:00-9:45A WILLIE	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		
	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			
ZUMBA 6:15-7:00P APRIL	ZUMBA 6:00-6:45P MARJORIE	ZUMBA 6:00-6:45P MARJORIE	YOGA BARRE 6:00-6:45P SHELLI		
BOOTCAMP 7:15-8:00P DEMICA	CORE CONDITIONING 7:00-7:45P EDNA		CARDIO VARIETY 7:00-7:45P EDNA		