



# Group Exercise Schedule

**M**

**T**

**W**

**Th**

**F**

**S**

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

5:30 am

**Cardio Spin**  
*Janeen*

**Tred & Shred  
Crunch**  
*Nicole*

**Tred & Shred  
Crunch**  
*Angie*

5:45 am

**Super Circuit  
Weight Training**  
*Janeen*

**Pilates Stretch**  
*Janeen*

8:00 am

**Cardio Power  
Circuit**  
*Claudia*

8:30 am

**Iron & Air**  
*Bernie*



**Pilates**  
*Claudia*

**Cardio Muscle  
Conditioning**  
*Claudia*

**Pilates**  
*Terri*

**Iron & Air**  
*Bernie*

9:00 am



**Pilates**  
*Cheryl*

9:30 am



**Power Plant**  
*Will*



**Power Plant**  
*Will*

10:00am



**Yoga**  
*Cheryl*

4:30 pm

**Pilates**  
*Hope*

**Pilates**  
*Cheryl*

5:00 pm

**Stretch (30 mins)**  
*Hope*

5:30 pm



**TRX/Bootcamp**  
*Hope*

**Tred & Shred**  
*Hope*



**TRX Bootcamp/  
Butts & Guts**  
*Hope*



**NEW** Instructor  
**NEW** Focus  
or  
**NEW** Time