

Spring Break (March 12-17)

Group Exercise Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00am Cardio Splash		8:00am Yoga Sunrise		8:00am Yogalates	9:15am Zumba
10:15am SilverSneakers	10:30am Active Adults	9:00am Cardio Splash	5:30pm Step-n-Tone	10:15am Chair Yoga	
5:30pm Power Pump	4:30pm Boot Camp	5:30pm Aqua Fit			
6:00pm Pickle Ball			6:45pm Hip Hop Cardio		