



GROUP FITNESS SCHEDULE

October 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:00-10:00am AQUA FIT Mary	8:40-9:40am JAZZERCISE**	9:00-10:00am AQUA FIT Mary	8:40-9:40am JAZZERCISE**	9:00-10:00am AQUA FIT Mary		9:00-9:45am SPIN Laura
8:30-9:15 am Interval Training Lisa	9:15-10:00am Strictly Strength Lisa	8:30-9:15 am Cardio Kickboxing Lilibeth	9:15-10:00am Strictly Strength Lisa	9:00-10:00 am SPIN Cathy	9:00-10:00 am SPIN Cari	10:45-11:45 am JAZZERCISE**
9:30-10:15 am SPIN Cathy		9:30-10:15am PILATES Lisa		11:00 - 12:00 pm ZUMBA Lilibeth		
		11:00 - 12:00 pm ZUMBA Lilibeth				
5:10-6:10pm JAZZERCISE**	5:10-6:10pm JAZZERCISE**	5:10-6:10pm JAZZERCISE**	5:30-6:15 pm ZUMBA Michelle	5:10-6:10pm JAZZERCISE**		
6:30-7:15PM SPIN Laura		6:30-7:15PM SPIN Laura	6:30-7:30 pm Bootcamp Debbie			
6:30-7:30 pm * YOGA Jim						
*Registration Classes						

** Outside contracted programs - Must register with Jazzercise

Class days and times are subject to change. Classes with low attendance may be cancelled.

Aerobics Studio	Pool	Gymnasium	Hoosier Grove Barn
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