



Group Fitness Schedule

September-October 2019

Center Hours:

Monday-Friday 5am-9pm
 Saturday 7am-7pm
 Sunday 1pm-5pm

Open 1-5pm- September 2

Time	Monday	Tuesday	Wednesday	Thursday	Friday
5:10-5:55AM	Mobility Mix	Cycle Grit	Intervelocity	Cycle Grind	
6:00-6:45AM	Power Pump		Power Step	Power Tone	Butts and Guts
7:50-8:35AM	Silver Splash®	Aqua Rhythm	Aqua Light & Lively	Aqua Revive	H2O Stroll
8:15-9:00AM		Yoga Flex		AMPD Powerflow®	Power Tone
8:45-9:25AM	Deep Flow	Fluid Balance	Deep Voyage	Aqua Restore	Deep Strength
10:00-10:45AM	SS Strength Progressions®	Boom MMM®	SS Circuit®	EnerCHI®	SS Classic®

No Classes September 1 and 2 *There will be full open gym when no class is in session and 1/2 gym when there is a class*

5:30-6:00PM	Step It Up	PiYo Live®	Rhythm Ride	Zumba®	REC- BINGO (See the front desk for more details)
6:05-6:35PM	Butts & Guts	Power Pump	Cycle Essence	Yoga Flex	
6:20-7:00PM	Aqua Zumba®		Aqua Revolve		

Saturday Class Schedule

7:15-8:15am Cycle Saturday (Every Saturday in September and October)

8:30-9:15am Group Fitness: **September 7 - Step It Up**, September 14 - Power Pump, **September 21 - Core Hiit**, September 28 - AMPD®, **October 5 - Intervelocity**, October 12 - Butts & Guts, **October 19 - Zumba®**, October 26 - Power Tone

9:30-10:15am Aqua Revolve (Every Saturday in September and October)

Every Sunday in September and October there will be PiYo® from 4:00-4:55pm

(1st grade and up are welcome in all classes with an adult present (6th grade and up may participate in cycling))