 Group Fitness Schedule

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|  |  |  |  | 9:30amTotal Body Lift(CS) | 9:15amHiit(RG) |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
| 5:45pmSpinning(CS) | 6:00pmZumba(PD) |  | 5:30pmZumba(PD) |  |  |
| 6:30pmMaximumCORE(CS) |  |  |  |  |  |

 *Effective 04/25/19*

*\*Saturday Morning Spin Will Return in the Fall*