

# GROUP FITNESS

NEW CLASS

# 2021

**Monday**



Strength w/Nancy  
9 am - Group Ex 2



Shuffle w/Nancy  
1:00 Group Ex 2

NEW CLASS



Bonnie's Bootcamp  
5:30 pm - Group Ex 2



Spin w/Kelly  
5:30 pm - Spin Room

**Tuesday**

NEW CLASS



Bonnie's Bootcamp  
8:30 am - Group Ex 2



Water Works w/Melanie  
9:30 am - Lap Pool

NEW CLASS



Senior Yoga w/Barbara  
10:30 am - Group Ex 2



Senior Bootcamp w/Kara  
1 pm - Group Ex 2

**Wednesday**



AM Bootcamp w/Jemar  
6 am - Group Ex 2



Restorative/Flow Yoga  
w/Leslie  
10:30 am - Conf. Rm.

NEW CLASS



Shuffle w/Nancy  
1:00 Group Ex 2

**Thursday**

NEW CLASS



Kara's Kross Training  
6 am - Group Ex 2



\* Liquid Gym w/Melanie  
9:30 am - Lap Pool



Cardio Circuit w/Barbara  
10:30 am - Group Ex 2

NEW CLASS



Senior Bootcamp w/Kara  
1 pm - Group Ex 2



Yin Yoga w/Leslie  
5:30 pm - Yoga Studio

**Friday**



Spin w/EMMA  
9 am - Spin Room



Zumba w/Nancy  
9:00 am - Group Ex 2

**Saturday**



Hot Yoga w/Bethany  
8:30 am - Conf. Rm.

NEW CLASS



Zumba w/Nancy  
10:30 am - Group Ex 2

Sign up sheets for each class will be available at the Customer Service Desk 30 minutes prior to class time. Must be present to sign up. Early reservations will not be accepted. Please maintain 6 feet of distance from others.

\* Pool Closed 1 Hour for Class