

# COMMIT TO GROUP FITNESS!

## Summer Schedule (B)

Effective Wed. June 16th - Sun. September 19th

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Body Pump</b> 8:15 - 9:15 AM Laura Rm 211	<b>Cycle &amp; Weights</b> 9:15-10:15 AM Melissa Rm 209	<b>Light Strength, Balance and Stretch</b>	<b>Aqua Fit</b> 8-9AM Rita	<b>Light Strength, Balance &amp; Stretch</b> 10:15-11:15 AM Peggy Rm 209	<b>AquaFit</b> 9-10 AM Rita	<b>Cardio Kickboxing</b> 8:15-9:15 Julia 211
<b>Body Flow</b> 9:30-10:30 AM Anna Room 209	<b>Aqua Fit</b> 9-10 AM Kathy	<b>Stretch</b> 10:15-11:15 AM Kathy Rm 209	<b>AquaLight</b> 9-10 AM Rita	<b>Group Cycle Abs &amp; Stretch</b>	<b>Body Pump</b> 9:30-10:30 AM Angela Rm 209	<b>Group Cycle Abs &amp; Stretch</b> 8:30-9:30 AM Dale Rm 209
	<b>Aqua Light</b> 10-11 AM Kathy	<b>Boot Camp</b> 5:30-6:30 PM Stacy Rm 211	<b>ZUMBA!</b> 6:00-7:00 PM Barb Rm 209	<b>Group Cycle Abs &amp; Stretch</b> 6:00-7:00 PM Dale Rm 211		<b>AquaFit</b> 9-10:00 AM Rita
	<b>BodyPump</b> 4:45-5:45 PM Angela-Rm 209	<b>AquaFit</b> 7-7:55 PM Sherri	<b>BodyPump</b> 4:45 - 5:45 PM Dawn/Karen 211	<b>Step, Abs, Stretch</b> 6:00-7:00 PM Kathy M Rm 209		<b>Body Pump</b> 9:30-10:30 AM Lou 211
	<b>Cardio Kickboxing</b> 6-7 PM Julia 211	<b>BodyFlow</b> 7:00-8:00 PM Karen Rm 211	<b>BodyFlow</b> 6-7 PM Anna Rm 211	<b>Hatha Yoga *</b> 6:30-7:30 PM See Brochure		
	<b>Step, Strength &amp; Stretch</b> 6-7 PM Kathy M. Rm 209		<b>Intro to Strength</b> 7:00-8:00 PM Julia Rm 209	<b>Aqua Fit</b> 7-7:55 PM Katie		
	<b>Zumba Toning</b> 7:10-8:10 PM Barb Rm 209		<b>Pilates *</b> 7-7:55 PM See Brochure	<b>BodyPump</b> 7:15-8:15 PM Laura Rm 209		
	<b>Pilates *</b> 7-7:55 PM See Brochure					
	<b>BodyPump</b> 7:15-8:15 PM Dawn Rm 211					

\* Classes with an asterisk require registration. Please refer to a Program Guide for details.

### Group Exercise Guidelines

1. Be on time. Warm-ups prevent injury
2. Classes and instructors subject to change at any time.
3. Please respect those around you by keeping talking to a minimum.
4. Please return all equipment after class.
5. No sharing or transfer of punch card passes.

### Keep your favorite classes on the schedule!

Due to the flexible nature of our group fitness classes, your commitment to your favorite classes is key! When participation is not consistent classes risk the chance of being canceled.  
**Commit to Group Fitness!**