

March/April

GROUP EX SCHEDULE

included in membership Sports Village Fitness

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00		★Yoga-Athina				
8:00	■MC-MAX-Corey ■8:15CardioParty-	★PIYO-Amber →F.I.T.-Jamie	■MC-MAX-Corey 8:15 Cardio Party-	★PIYO-Amber →F.I.T.-Jamie	■CARDIO Dance -Jamie ■Tighten up ABS-Drew	★Rhythm Spin-Peter ★BODY PUMP-Jamie
8:30			■Cardio Conditioning- Drew		★BODY PUMP- Courtney	★9:00am outdoor BOOTCAMP Haven
9:00	★Yoga – Gentle Flow- Tami	→BARRE-Michelle	★Yoga – Gentle Flow- Athina	→BARRE-Michelle	★Yoga DETOX 26 - Athina	9am ★FLOW Yoga- Tami
10:00	★SilverSneaker- Racheal	CHAIR YOGA-Rachael	★Silver Sneaker- Rachael	CHAIR YOGA-Rachael		
12:00		■CORE & GLUTES- KEN		■CORE & GLUTES- KEN		
4:30	■W.O.W.-Corey		■W.O.W.-Corey	■Rhythm Spin - Peter		
5:00	■CardioKick-Corey	■S.W.E.A.T.-Drew	■CardioKick-Corey	■S.W.E.A.T.-Drew		
5:30	★BODY PUMP-Jamie ■Cardio Party-Peggy	■Latin Jam-Jesse →CORE CIRCUIT-Drew	★BODY PUMP- Courtney	tin Jam-Jesse ■ Box & Burn - Haven ★CANDLELIT YOGA- Lisa		SUNDAY 9 AM PowerFlow Yoga- Athina
6:00	CANDLELIGHT YOGA- LisaR	■Sculpt Combo-Jesse 6:00 Pic up Volleyball		■Sculpt Combo-Jesse 6:30 Pic up Basketball		
WATER	8:30am AQUA Fit H2O	6pmBasic Water-Janet	8:30am AQUA Fit H2O	6pm Basic Water-Janet		■ 30 min →=45 min ★=60 min