

# GROUP FITNESS CLASSES

## MONDAY

9:00 AM (90 Minutes)

### Cardio Interval

Jax (All Levels)

## MONDAY

7:15 PM - 8:15 PM

### Zumba

Angela (All Levels)

## TUESDAY

9:00 AM - 10:00 AM

### Yogalaties & Stretch

Julie (All Levels)

## TUESDAY

6:30 PM - 7:30 PM

### Spin Class

Diana (All Levels)

## WEDNESDAY

9:00 AM - 10:00 AM

### Strength

Jax(All Levels))

## WEDNESDAY

7:15 PM - 8:15 PM

### Zumba

Toni G with Angela  
(All Levels)

## THURSDAY

8:30 AM - 9:30 AM

### Shred

Linda (All Levels)

## FRIDAY

9:00 AM - 10:00 AM

### Yogalaties & Stretch

Julie (All Levels)

## SATURDAY

9:00 AM - 10:00 AM

### Interval Training

Jax (All Levels)

## SUNDAY

10:15 AM - 11:15AM

### Spin

Maryanne (All Levels)

