

2024 GROUP X FITNESS SCHEDULE



EFFECTIVE
6/25/2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00am SILVER SNEAKER GYM <u>Pierre</u>	9:00am LOW IMPACT AEROBICS ROOM 108-110 <u>Cherie</u>	7:00am CYCLE SPIN ROOM <u>Sam</u>	9:00am BODY WORKS ROOM 108-110 <u>Cherie</u>	9:00am SILVER SNEAKER GYM <u>Felecia</u>	8:00am KETTLE BELL SPEED ROOM <u>Brittney</u> <i>Additional Class Fee</i>
10:00am POUND FITNESS GYM <u>Felecia</u>	10:00am PILATES ROOM 102 <u>Cherie</u>	9:00am KICKBOXING ROOM 102 <u>Brittney</u>		9:00am STRETCH & MOBILITY ROOM 102 <u>Brittney</u>	9:00am RHYTHM RIDE SPIN ROOM <u>Candie</u>
	10:00am SILVER SNEAKER GYM <u>Pauline</u>	9:00am SILVER SNEAKER GYM <u>Pierre</u>	10:00am MIND BODY & RELAXATION ROOM 102 <u>Cherie</u>		9:00am ZUMBA ROOM 102 <u>Ayesha</u>
		10:00am BODY WORKS GYM <u>Pauline</u>	10:00am SILVER STEP AEROBICS GYM <u>Pauline</u>		
6:00pm BOOTCAMP ROOM 102 <u>Brittney</u>	6:00pm ABS AND GLUTES ROOM 102 <u>Brittney</u>	6:00pm KETTLE BELL ROOM 102 <u>Nicole</u>	6:00pm RHYTHM RIDE SPIN ROOM <u>Candie</u>		
7:30pm SIT & BE FIT ROOM 102 <u>Pierre</u>	6:00pm POWER SPIN SPIN ROOM <u>Troy</u>	7:00pm HIIT ROOM 102 <u>Brittney</u>	7:00pm HIP HOP STEP / AEROBICS ROOM 102 <u>Brittney</u>		
	7:00pm STRETCH & MOBILITY ROOM 102 <u>Brittney</u>				

All classes are accessible with a fitness membership unless otherwise indicated with "Additional Class Fee". All classes are 60 minutes in length, members are responsible for their own hydration. Exercise mats and fitness equipment will be provided, unless it's a specialty class i.e. Kettle bell.

