



Group Fitness Schedule Block 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:15 – 8:00 am				Sunrise Yoga <i>Aubrey</i>		
11:00 – 11:45 am	Fit 4 Life <i>Christina, rec gym</i>		Fit 4 Life <i>Christina, rec gym</i>		Fit 4 Life <i>Christina, rec gym</i>	
11:15 – 12:15 pm						Cardio Pilates <i>Lucy</i>
2:00 – 3:00	Boxing <i>Adam</i>		Boxing <i>Adam</i>		Boxing <i>Adam</i>	
4:15 – 5:15 pm	Body Weight Intervals <i>Liv</i>	Cardio/Strength Intervals <i>Ella</i>	Yoga <i>Misty</i>	Cardio/Strength Intervals <i>Ella</i>		
5:30 – 6:45 pm	Cardio Pilates <i>Lucy</i>			Cardio Pilates <i>Lucy</i>		
7:00 – 8:00 pm	**Hip Hop Fitness <i>Dore</i>	Zumba <i>Manu</i>		Zumba <i>Manu</i>		
8:00 – 9:00 pm		Bedtime Yoga <i>Aubrey</i>		Yoga Flow <i>Victoria</i>		

- Class formats aim to serve ability and skill levels. Participants should always consult your physician prior to starting any exercise program.
- Only Fit4Life will be held all 4 weeks. Cardio Pilates will be taught on 4th week Monday. No other classes are led during 4th week.

** 3rd week Monday only for Hip Hop Fitness