



Group Fitness Schedule Block 4

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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>		
1:00 – 2:00 pm						Cardio Pilates <i>Lucy</i>	Cardio Blast <i>Ella</i>
2:00 – 3:00	Boxing <i>Adam</i>		Boxing <i>Adam</i>		Boxing <i>Adam</i>	Zumba <i>Manu</i>	6-Pack Core <i>Ella</i>
3:15 – 4:15	Body Weight Intervals <i>Liv</i>	Total Body Strength <i>Ella</i>	Body Weight Intervals <i>Liv</i>				
4:15 – 5:15 pm	Cardio/Strength Intervals <i>Ella</i>	Cardio Blast <i>Ella</i>	Restorative 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**