## GROUP EXERCISE SCHEDULE  Summer 2017

July 4th – Sept. 1st (No classes on Sept. 2, 3 & 4)

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
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<tbody>
<tr>
<td>Weight Training 6:30-7:15 am Karine</td>
<td>**Step &amp; Sculpt 6:30-7:15 am Karine</td>
<td>Lo Impact 8:30-9:25 am Alona</td>
<td>Ballet Boot Camp 8:30-9:25 am Alysha</td>
<td>Essentrics 8:30-9:25 am Nancy</td>
<td>Weight Training 8:30-9:25 am Rachel</td>
<td>Stability Ball 8:30-9:25 am Edgar</td>
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<tr>
<td>**Step &amp; Sculpt 6:30-7:15 am Karine</td>
<td>Lo Impact 8:30-9:25 am Edgar</td>
<td>Ballet Boot Camp 8:30-9:25 am Alysha</td>
<td>Essentrics 8:30-9:25 am Nancy</td>
<td>Weight Training 8:30-9:25 am Rachel</td>
<td>Stability Ball 8:30-9:25 am Edgar</td>
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<tr>
<td>Light &amp; Lively 9:30-10:30 am Alona</td>
<td>Fusion Ball 9:30-10:25 am Ann</td>
<td>**Zumba 9:30-10:25 am Alysha</td>
<td>Pilates 9:30-10:25 am Alona</td>
<td>Stetch 9:30-10:30 am Alysha</td>
<td>Light &amp; Lively 9:30-10:30 am Alona</td>
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<tr>
<td>Fusion Ball 9:30-10:25 am Ann</td>
<td>**Zumba 9:30-10:25 am Alysha</td>
<td>Pilates 9:30-10:25 am Alona</td>
<td>Stetch 9:30-10:30 am Alysha</td>
<td>Light &amp; Lively 9:30-10:30 am Alona</td>
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<tr>
<td>Pilates 10:30-11:30 am Ann</td>
<td>Yoga 10:30-11:30 am Ann</td>
<td>Light &amp; Lively 10:30-11:30 am Alona</td>
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<tr>
<td>Latin Cardio 12:15-1:10pm Edgar</td>
<td>Fusion Ball 6:00-6:55 pm Ann</td>
<td>Zumba 6:15-7:10 pm Edgar</td>
<td>Pilates 7:00-8:00 pm Jennifer</td>
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<tr>
<td>Zumba Toning 6:00-7:00 pm Edgar</td>
<td>Fusion Ball 6:00-6:55 pm Ann</td>
<td>Zumba 6:15-7:10 pm Edgar</td>
<td>Pilates 7:00-8:00 pm Jennifer</td>
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<tr>
<td>Tai Chi 7:00-8:00 pm Linda</td>
<td>Pilates 7:00-8:00 pm Ann</td>
<td>Yoga 7:15-8:15 pm Shara</td>
<td>Pilates 7:00-8:00 pm Jennifer</td>
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**Please note:** The first Wednesday of every month will be a Group Cycle Class with Karine.

**Classes may be discontinued due to low attendance.**

## GROUP CYCLE SCHEDULE  (CLASSES HELD IN THE CYCLE STUDIO)  Summer 2017

July 4th – Sept. 1st (No classes on Sept. 2, 3 & 4)

<table>
<thead>
<tr>
<th>Monday</th>
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<tbody>
<tr>
<td><strong>6:30 am Karine</strong></td>
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<tr>
<td>9:30 am Peter</td>
<td>9:30 am Ann</td>
<td>9:30 am Peter</td>
<td>9:30 am Peter</td>
<td>10:00 am Donna</td>
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<tr>
<td>6:30 pm Liz</td>
<td>6:30 pm Andre</td>
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