

**GROUP EXERCISE SCHEDULE Summer 2018**

**July 3rd – Aug.31st (No classes on Sept 1,2 &3)**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
| **Weight Training**6:30-7:15 am*Karine* |  | **\*\*Step & Sculpt**6:30-7:15 am*Karine* |  |  |  |  |
|  | **Lo Impact**8:30-9:25 am*Edgar* | **Body Blast**8:30-9:25 am*Alysha* | **Essentrics**8:30-9:25 am*Nancy* | **Weight Training**8:30-9:25 am*Rachel/Alysha* | **Stability Ball**8:30-9:25 am*Edgar* |  |
| **Pilates**9:30 –10:30 am*Alona* | **Fusion Ball**9:30 -10:25 am*Ann* | **Zumba**9:30 - 10:25 am*Joanna/**Katarina* | **Pilates**9:30–10:25 am*Alona* | **Stretch**9:30–10:25 am*Rachel/Alysha* | **Lo Impact**9:30-10:25 am*Edgar* |  |
| **Light & Lively**10:30-11:30 am *Alona* | **Pilates**10:30 – 11:30 am*Ann* | **Yoga**10:30 – 11:30*Ann* | **Light & Lively**10:30-11:30 am*Alona* |  |  |  |
| **Latin Cardio**12:15-1:10pm*Edgar* |  | **Lo Impact**12:15-1:10pm*Rachel* |  |  |  |  |
| **Zumba Toning**6:00-7:00 pm*Edgar* | **Fusion Ball**6:00 -6:55 pmTBA | **Zumba**6:15 –7:10 pm*Edgar* |  |  |  |  |
| **Tai Chi**7:00-8:00 pm*Linda* | **Pilates**7:00-8:00 pmTBA | **Yoga**7:15 – 8:15 pm*Shara* | **Pilates**7:00 – 8:00 pm*Jennifer* |  |  |  |

**Please note:\*\* Classes may be cancelled if attendance is low**

**GROUP CYCLE SCHEDULE (CLASSES HELD IN THE CYCLE STUDIO) Summer 2018** 

**July 3rd – Aug.31st (No classes on Sept.1,2 & 3)**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
|  |  | \*\*6:30 am*Karine* |  |  |  |  |
| 9:30 am*Peter* |  | *9:30 am**Neil* |  | 9:30 am*Peter* | 10:00 am*Donna* |  |
| 6:30 pm*Liz* |  | 6:30 pm*Donna* |  |  |  |  |