



GROUP FITNESS SCHEDULE

	MON	TUES	WED	THURS	FRI	SAT
8 AM	BODY SCULPTING 8:30 - 9:30 SUZANNE FERNANDEZ	LOW IMPACT CARDIO FUN 8:45 - 9:30 ROSE CLOUSE	PILATES 8:30 - 9:05	CARDIO BY SUZANNE 8:30 - 9:15 SUZANNE FERNANDEZ	MAXIMUM BURN 8:30 - 9:15 DONNA SPYRIDON	
9 AM			INTERMEDIATE YOGA 9:05 - 10:15 DEBBIE MCMATH		YOGA 9:30 - 10:30 LIZ GRÜDER	
10 AM		SLOW FLOW YOGA 9:45 - 10:45 SHIRLEY SAMSON				YOGA 10:00 - 11:00 SHIRLEY SAMSON
11 AM	SILVER SNEAKER CIRCUIT 11:15 - 12:00 DONNA SPYRIDON	FOREVER FITNESS SILVER SNEAKERS 11:00 - 12:00 DONNA SPYRIDON		FOREVER FITNESS SILVER SNEAKERS 11:00 - 12:00 DONNA SPYRIDON		
12 PM						
1 PM						
2 PM						
3 PM						
4 PM						
5 PM		BURN IT UP 5:00 - 6:00 DONNA SPYRIDON				
6 PM						

