



## GROUP FITNESS SCHEDULE

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

