



Group Exercise Schedule

October 2024



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00-10:00am Yoga Toning Payal Studio	8:30-9:30am Yoga & Meditation Payal Studio	9:00-9:55am Cardio Fit Jeanine Studio	9:00-10:00am Pilates Maryna Studio	8:55-9:55am Yoga Nancy Studio	8:00-8:45am AQUA ZUMBA Sobhana Pool	8:00-9:00am Water Aerobics Greg Studio
9:00-9:45am Aqua Fit Elenamarie Pool	9:00-9:45am Aquacise Monica Pool	9:00-9:45am Aqua Splash Betty Pool	9:00-9:45am Aquacise Monica Pool	9:30-10:25am Senior Spin Betty Cycle Studio	8:55-9:55am Yoga Nancy Studio	8:55-9:55am Yoga Nancy Studio
10:00-10:50am Forever Fit Elenamarie Studio	9:30-10:30am ZUMBA Srividya Studio	10:00-11:00am Chair Yoga Nancy Studio	10:00-11:00am Total Body Sculpt Monica Studio NEW	10:00-10:55am ZUMBA Jeanine Studio	10:00-11:00am Chair Yoga Nancy Studio	9:00-9:55am Bootcamp Giovanni Function Zone
	10:30-11:30am Total Body Sculpt Monica Studio NEW			10:30-11:15am Aquacise Christyna Pool	11:00-11:55am Group Cycle Debbie Studio	10:00-10:55am Cardio Fit Jeanine Studio
		6:30-7:30pm Cycling Debbie Studio	5:00-5:45pm Aqua ZUMBA Sobhana Pool NEW	11:30-12:15pm Silver Sneakers Christyna Studio		NEW Denotes **CHANGES to previous schedule
6:30-7:30pm Cardio Kickboxing Bridget Studio NEW	6:00-7:00pm Total Body Conditioning Debbie Studio	6:30-7:30pm Total Body Conditioning Giovanni Studio NEW	6:30-7:30pm Yoga Kara Studio			
7:30-8:30pm ZUMBA Gina Studio	7:00-8:00pm Group Cycling Debbie Studio	7:30-8:30pm ZUMBA Christyna Studio	7:30-8:30pm Cardio Kickboxing Debbie Studio			

