



Group Exercise Class Schedule

November 25 – 27

Wednesday-25	Thursday-26	Friday-27
5:15-6:00am – Gym EARLY BIRD Stacey	CLOSED HAPPY THANKSGIVING	5:15-6:00am  Jennifer J.
8:15-9:00am – 1 BODY BLAST Sherri		5:30 – 6:15am – 3 WARM POWER FLOW Tammy
8:15-9:00am-2 STRONG N A T I O N' Amelia		8:15-9:00am – 2 FIT FOR LIFE Angela
8:30-9:15am  Jennifer J.		8:15-9:00am – 1 STABILITY BALL BLAST Sherri
9:15- 10:00am – 1 FIT FOR LIFE Felix		8:15-9:00am CrossFit Gym BOOTCAMP Malek
9:30-10:15am – 3 MORNING FLOW Rebecca		8:30-9:15am  Jennifer J.
9:30-10:15am – 2  Robin		9:15-10:00am – 2 SILVERSNEAKERS@ CIRCUIT Angela
10:15-11:00am- 1 INTERVAL BLAST Felix		9:30-10:15am – 3 BACK CARE BASICS YOGA Lisa A.
10:45-11:30am-3 GENTLE YOGA Lisa A.		10:30-11:15am – CrossFit Gym  Jennifer B.
10:45-11:30am – 2 SUPPORTED YOGA Rebecca		10:45-11:30am – 2  STRETCH w/Virtual
4:30-5:15pm – 1 GROUP PUMP Carmen		4:30-5:15pm-1 ANYTHING GOES Jennifer T.
5:30-6:15pm-1 TABATA BOOTCAMP Alexis		
5:30-6:15pm – 3 YOGA I Christy		
6:00-6:45pm  Jennifer T.		