

JUNE GROUP EXERCISE SCHEDULE

MONDAY	TUESDAY	WEDNESDAY
5:30 - 6:30 am: Group Power - Heather (GX1) *NEW 6:45 - 7:15 am: HIIT - Melissa (GX1) *NEW 7:30 - 8:00 am: HIIT - Melissa (GX1) 8:45 - 9:15 am: HIIT - Melissa (Synergy) 9:30 - 10:30 am: Yoga - Roni (GX1) 9:30 - 10:30 am: Group Fight - Heather (GX2) 10:45 - 11:45 am: Forever Fit - Lisa (GX1)	5:30 - 6:30 am: Group Ride - Heather (Cycle Studio) 8:00 - 9:00 am : Water Fitness - Lisa (Pool) 9:30 - 10:30 am: Bootcamp (HIIT)- Megan (GX1) 9:30 - 10:30am: Zumba - Stefanie (GX2)	5:30 - 6:30 am: Group Power - Heather (GX1) 8:45-9:15 am: HIIT - Melissa (Synergy) 9:30 - 10:30 am: Yoga - Roni (GX1) 9:30 - 10:30 am: Group Fight - Heather (GX2) 10:45 -11:45 am: Forever Fit - Lisa (GX1)
12:00 –1:00 pm: Water Fitness - Nadine (Pool)	12:00 –1:00 pm: Gentle Water Fitness - Nadine (Pool)	12:00 –1:00 pm: Water Fitness - Nadine (Pool)
5:45 - 6:15 pm: Group Core - Kristina (GX1) 6:30 - 7:30 pm: Group Power - Kristina (GX1)	5:45 - 6:15 pm: 3D30 - Kristina (GX1) 6:30 - 7:30 pm: Group Blast - Kristina (GX1) 6:30 - 7:30 pm: Yoga - Serenity (GX2)	5:45 - 6:15 pm: Barre - Tiffany (GX1) 6:30 - 7:30 pm: Group Power - Tiffany (GX1)
THURSDAY	FRIDAY	SATURDAY
5:30 - 6:30 am: Group Ride - Kristina (Cycle Studio) 8:00 - 9:00 am : Water Fitness -Lisa (Pool) 9:30 - 10:30 am: Bootcamp (HIIT) - Megan (GX1)	5:30 - 6:30am: Group Blast - Kristina (GX1) *NEW 8:45 - 0:15 am: HIIT - Melissa (Synergy) 9:30 - 10:30 am: Zumba - Stefanie (GX1) 10:45-11:45 am: Group Power - Tiffany (GX1)	<p style="text-align: center; font-weight: bold; font-size: 1.2em;">KID ZONE HOURS</p> <p style="text-align: center;">AM: Monday-Friday 8:00 -12:00pm</p> <p style="text-align: center;">PM: Mon-Thursday 5:00 - 7:45pm</p> <p style="text-align: center;">Ages 6wks - 9years old</p> <p style="text-align: center;"><i>Family Membership Benefit</i></p>
12:00 - 1:00 pm: Gentle Water Fitness Nadine (Pool) 5:45 - 6:15pm: HIIT - Melissa (GX1) 6:30 - 7:30 pm: Yoga - Serenity (GX1) ANNOUNCEMENTS: JUNE PROMO: Unlimited \$10Y credit to Members who bring a guest to the Y to attend a group ex class!	12:00 - 1:00 pm: Water Fitness - Nadine (Pool)	
	<p>Key: GX1: Group Exercise Room 1 GX2: Group Exercise Room 2</p>	