# SUMMER 2022
**Group Exercise Schedule:**
Stanwood–Camano

**SUBJECT TO CHANGE WITH ONE WEEK’S NOTICE**

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>5:15 am – Group Power</td>
<td>5:15 am — Group Ride with Rebekah (Cycle Studio)</td>
<td>5:15 am — Group Power with Michelle (M1)</td>
</tr>
<tr>
<td>with Michelle (M1)</td>
<td>7:30 – Water Fitness with Connie (Rec Pool)</td>
<td><strong>9 am — Group Active with Heather (M1)</strong></td>
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<tr>
<td>**9 am — Group Active</td>
<td>**9 am — Group Power with Heather (M1)</td>
<td><strong>9 am — Group Active with Gena (M1)</strong></td>
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<tr>
<td>with Gena (M1)</td>
<td><strong>10:15 am — Group Ride with Michelle (Cycle Studio)</strong></td>
<td><strong>9 am — Group Active with Heather (M1)</strong></td>
</tr>
<tr>
<td>**10 am — Deep Water</td>
<td><strong>10:15 am — Group Ride with Michelle (Cycle Studio)</strong></td>
<td><strong>10 am — Deep Water Fitness with Katie (Lap Pool)</strong></td>
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<tr>
<td>Fitness with Katie</td>
<td>**11:15 am – Chair Yoga with Sandy (M1)</td>
<td><strong>11 am — Yoga with Sandy (M2)</strong></td>
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<tr>
<td>(Lap Pool)</td>
<td>1:00 pm — Pedaling for Parkinson’s (Cycle Studio)<strong>PRIVATE GROUP</strong></td>
<td><strong>11:15 am – Forever Fit with Jamie (GYM)</strong></td>
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<tr>
<td>**11:15 am – Forever Fit</td>
<td>**4:30 pm – Group Fight with Michelle (M1)</td>
<td><strong>11:15 am – Forever Fit with Jamie (GYM)</strong></td>
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<tr>
<td>with Jamie (GYM)</td>
<td></td>
<td><strong>1 pm – Water Fitness with Katie (Rec Pool)</strong></td>
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<tr>
<td>1 pm – Water Fitness</td>
<td></td>
<td><strong>5:30 pm — Zumba with Lori (M1)</strong></td>
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<tr>
<td>with Katie (Rec Pool)</td>
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<tr>
<td>**5:30 pm — Zumba with</td>
<td></td>
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<tr>
<td>Lori (M1)</td>
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<table>
<thead>
<tr>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
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</thead>
<tbody>
<tr>
<td>5:15 am — Group Ride</td>
<td>**9 am — Group Active with Gena (M1)</td>
<td><strong>9:00 am — Boot Camp with Callie (M2)</strong></td>
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<tr>
<td>with Rebekah (Cycle</td>
<td><strong>10:00 am — Deep Water Fitness with Katie (Lap Pool)</strong></td>
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<tr>
<td>Studio)</td>
<td><strong>10:15 am — Group Power with Michelle (M1)</strong></td>
<td><strong>Kids Zone is available</strong></td>
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<tr>
<td>7:30 – Water Fitness</td>
<td><strong>10:15 am — Group Power with Michelle (M1)</strong></td>
<td><strong>KIDS ZONE OPEN</strong></td>
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<tr>
<td>with Connie (Rec Pool)</td>
<td><strong>10:15 am — R30 (Cycle) with Gena (Cycle Studio)</strong></td>
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<tr>
<td>**9 am — Group Power</td>
<td><strong>11 am — Yoga with Sandy (M2)</strong></td>
<td><strong>FRIDAY MORNINGS!</strong></td>
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<tr>
<td>with Heather (M1)</td>
<td><strong>11:15 am — Forever Fit with Katie (Gym)</strong></td>
<td>(Beginning July 8)</td>
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<tr>
<td>**11:15 am – Chair Yoga</td>
<td>1:00 pm — Pedaling for Parkinson’s (Cycle Studio)<strong>PRIVATE GROUP</strong></td>
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<tr>
<td>with Sandy (M1)</td>
<td><strong>11:15 am – Forever Fit with Katie (Rec Pool)</strong></td>
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<tr>
<td>1:00 pm — Pedaling for</td>
<td>1:00 pm — Water Fitness with Katie</td>
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<tr>
<td>Parkinson’s (Cycle</td>
<td>(Gym)</td>
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<tr>
<td>Studio)<strong>PRIVATE GROUP</strong></td>
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<td></td>
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<tr>
<td>**4:30 pm — Group Fight</td>
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<tr>
<td>with Michelle (M1)</td>
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