

AUGUST GROUP EXERCISE SCHEDULE

MONDAY	TUESDAY	WEDNESDAY
<p>5:30 - 6:30 am: GROUP POWER - Heather (GX1)</p> <p>9:30 - 10:30 am: YOGA - Roni (GX1)</p> <p>9:30 - 10:30 am: GROUP FIGHT - Heather (GYM)</p> <p>10:45 - 11:45 am: FOREVER FIT - Lisa (GX1)</p>	<p>5:30 - 6:30 am: GROUP RIDE - Emily (Cycle Studio)</p> <p style="background-color: #e0f2f7;">8:00 - 9:00 am : WATER FITNESS - Lisa (Pool)</p> <p>9:30 - 10:30 am: BOOTCAMP - Megan (GX1)</p> <p>9:30 - 10:30am: ZUMBA - Stefanie (GYM)</p>	<p>5:30 - 6:30 am: GROUP POWER - Heather (GX1)</p> <p>9:30 - 10:30 am: YOGA - Roni (GX1)</p> <p>9:30 - 10:30 am: GROUP FIGHT - Heather (GYM)</p> <p>10:45 - 11:45 am: FOREVER FIT - Lisa (GX1)</p>
<p>*NEW TIME 11 –12pm: Water Fitness - Nadine (Pool)</p>	<p>*NEW TIME 11 –12pm: Gentle Water Fitness - Nadine (Pool)</p>	<p>*NEW TIME 11 - 12pm: Water Fitness - Nadine (Pool)</p>
<p>6:30 - 7:30 pm: GROUP POWER - Kristina (GX1)</p>	<p>6:30 - 7:30 pm: GROUP BLAST - Kristina (GX1)</p>	<p>6:30 - 7:30 pm: GROUP POWER - Tiffany (GX1)</p>
THURSDAY	FRIDAY	SATURDAY
<p>5:30 - 6:30 am: GROUP RIDE - Kristina (Cycle Studio)</p> <p style="background-color: #e0f2f7;">8:00 - 9:00 am : Water Fitness - Lisa (Pool)</p> <p>9:30 - 10:30 am: BOOTCAMP - Megan (GX1)</p> <p style="background-color: #e0f2f7;">*NEW TIME 11-12pm: Gentle Water Fitness - Nadine (Pool)</p> <p>6:30 - 7:30 pm: YOGA- Serenity (GX1)</p> <p>AUGUST PROMO: Unlimited \$10Y credit to Members who bring a guest to the Y to attend a group ex class!</p>	<p>5:30 - 6:30am: GROUP BLAST - Kristina (GX1)</p> <p>9:30 - 10:30 am: ZUMBA - Stefanie (GX1)</p> <p>10:45-11:45 am: GROUP POWER - Tiffany (GX1)</p> <p style="background-color: #e0f2f7;">*NEW TIME 11 -12pm:Water Fitness- Nadine (Pool)</p>	<p style="color: green;">NOTE- ALL 30 minute classes are on break for AUGUST.</p> <p style="color: green;">**ALL abilities welcome at ALL CLASSES!</p>
<p>Key: GX1: Group Exercise Room 1 GX2: Group Exercise Room 2</p>		<p>KID ZONE HOURS</p> <p>AM: Monday-Friday 8:00 -12:00pm</p> <p>PM: Mon-Thursday 5:00 - 7:45pm</p> <p>Ages 6wks - 9years old</p> <p><i>Family Membership</i> <i>Benefit ~ 2 hour time limit~</i></p>