



HEALTHY LIVING GROUP CLASS SCHEDULE

Class schedule Effective as of April 1, 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	6:00 am Muscle & Cardio Donna	6:00 am Pilates Donna	6:00 am Muscle & Cardio Donna	6:00am Pilates Donna		
		6:30 am Functional Strength Rich*		6:30 am Functional Strength Val*		7:00 AM Barre Donna
8:30 am Yoga Leeanne	8:00 am Low Impact Paula	8:00 am Low Impact Ellen	8:00 am Core & More Paula	8:00 am Raise the Barre Paula	8:30 am Low Impact Paula	8:00 AM Recess Donna
	9:00 am Zumba Gold Jing	9:00 am Slow Flow Sheila	9:00 am Zumba Ellen	9:00 am Yoga Sheila		9:15 AM Zumba Vera Starting 4/20
	10:00 am Balance Donna		10:00 am Beginner Yoga Sheila		10:00 am Chair Pose Yoga Shelia	
	5:30 pm Cardio Kick-It Karri	5:30 pm Pilates Amy		5:00 pm Yoga Sheldon	5:00 pm Muscle Donna	
	6:30 pm Yoga Susan	6:30pm Vinyasa Flow Anna	6:00 pm Barre Donna	6:10 pm Zumba Toning Ellen		

* Functional Strength in the Fitness Center near the free weights

The Group Exercise Room may be used by other fitness programming during the following times:

Mondays 11:00 am-2:00 pm

Tuesdays 10:00 am- 2:00 pm

Wednesdays 11:00 am- 2:00 pm; 5:00-6:00 pm

Thursdays 10:00 am- 2:00 pm

Friday 11:00 am- 2:00 pm

Saturday 9:00 am- 4:00 pm (Dance)

Sunday 9:30 am- 11:30 am (Karate)