



HEALTHY LIVING GROUP CLASS SCHEDULE

Class schedule Effective as of October 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 Ryan*		7:00 AM Barre Donna
8:30 am Yoga Leeanne	8:00 am Low Impact Paula	8:00 am Low Impact Vera	8:00 am Core & More Paula	8:00 am Raise the Barre Paula	8:00 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	9:00 AM Somatics Eva	9:15 AM Zumba** Vera
	10:00 am Balance Donna		10:00 am Beginner Yoga Sheila	10:15 am ការហាត់ប្រាណ តាមសំរួល (ជាការសាខ្មែរ) Nickie	10:00 am Chair Pose Shelia	
	5:30 pm Zumba Jing	5:30 pm Cardio Mix April	5:00 pm Teen Girls Workout Marie	5:00 pm Gentle Vinyasa Eva	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	6:00 pm Pound! Sue L.	

* Functional Strength in the Fitness Center near the free weights

**Saturday morning Zumba is in the school age room (in back)

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- 4:00 pm

Thursdays 11:00 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)