



HEALTHY LIVING

GROUP FITNESS SCHEDULE

Class schedule Effective as of March 23, 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	6:00-6:45 am Muscle & Cardio Donna		6:00-6:45 am Muscle & Cardio Donna			
		6:30-7:30 am Functional Strength Rich*		6:30-7:30 am Functional Strength Ryan*		7:00-7:45 am Barre Donna
8:30 -9:30 am Yoga Michael Angelo	8:00-8:45 am Low Impact Paula	8:00-8:45 am Low Impact Vera	8:00-8:45 am Core & More Paula	8:00-8:45 am Raise the Barre Paula	8:00-8:45 am Low Impact Paula	8:00-8:45 am Recess Donna
	9:00-9:45 am Zumba Gold Jing	9:00-10:00 am Slow Flow Sheila	9:00-9:45 am Zumba Ellen	9:00-10:00 am Yoga Sheila	9:00-9:45 AM Somatics Eva	9:15-10:00 am Zumba** Vera
	10:00-10:45 am Balance Donna		10:00-11:00 am Beginner Yoga Sheila	10:15-11:00 am ការហាត់ប្រាណ តាមស័រ្សលូ (ជាភាសាខ្មែរ) Nickie	10:00-11:00 am Chair Pose Shelia	
	5:30-6:30 pm Pound Sue L.	5:30-6:15 pm Cardio Mix April			5:00-5:45 pm Muscle Donna	
	6:30-7:30 pm Yoga Susan	6:30-7:30 pm Vinyasa Flow Anna	6:00-6:45 pm Barre Donna	6:10-6:55 pm Zumba Toning Ellen	6:30-7:15 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-5:30 pm

Tuesdays 10:00 am- 5:30 pm

Wednesdays 11:00 am- 5:30 pm

Thursdays 11:00 am- 6:00 pm

Friday 11:00 am- 4:30 pm

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

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