

Summer 2021 Fitness

****ZOOM Classes in RED**

Group Exercise

Updated: May 1, 2021

MON	TUE	WED	THU	FRI	SAT
Cycling 6:00 am David	Bootcamp 6:00 am Sarah	Cycling 6:00 am Suzannie	Bootcamp 6:00 am Sarah	Cycling 6:00 am Sarah	Masters 6:00 am John
Masters 6:00 am John	Masters 6:00 am John	Masters 6:00 am Katie	Masters 6:00 am John	Masters 6:00 am John	Strength ** 9:00 am Neil & Sarah
Bootcamp 8:15 am *zoom Alexandra	Strength 6:15 am Sarah	Bootcamp 7:15 am Sarah	Strength 6:15 am Sarah *zoom	YOGA 7:45 am Jeannette	YOGA 11:00 am Kate
Aqua Aerobics 9:00 am Carol	Cycling 7:00 am Theresa	Bootcamp 8:15am *zoom Alexandra	Cycling 7:00 am Theresa	Bootcamp 8:15am *zoom Alexandra	
Aqua Jogging 10:00 am Carol	Qigong ** 10:05 am Josh	Aqua Aerobics 9:00 am Carol	Tai Chi ** 10:00 am Josh	Aqua Aerobics 9:00 am Carol	
Aqua Therapy 12 noon Andrea		Aqua Jogging 10:00 am Carol		Aqua Jogging 10:00 am Carol	
		Aqua Therapy 12 noon Andrea		Aqua Therapy 12 noon Andrea	
		Barre 6:00 pm Jessica			
Conditioning 6 pm Jessica	YOGA 6:00 pm Caitlin	Abs & Arms 6:35 pm Jessica	YOGA 6:00 pm Jeannette		SUN YOGA 9 am Stephanie
YOGA 7:30 pm Kate *zoom		YOGA 7:00 pm Andrea *zoom	Conditioning 6 pm Jessica *zoom		