



## Group Fitness Schedule

|          | Monday                                  | Tuesday                                       | Wednesday                               | Thursday                                      | Friday                                 | Saturday                  |
|----------|---|---|---|---|--|---------------------------|
| 5:30 AM  | <b>Morning Workout</b><br>with Crystal  |   | <b>Morning Workout</b><br>with Crystal  | <b>Morning Workout</b><br>with Crystal        | <b>Morning Workout</b><br>with Crystal |                           |
| 8:00 AM  | <i>Young @ Heart</i><br>with Kristy     |   | <i>Young @ Heart</i><br>with Kristy     |   | <i>Young @ Heart</i><br>with Crystal   |                           |
| 8:15 AM  |   | <b>Cardio Strength</b><br>with Anna           |   |   |  |                           |
| 9:00 AM  | <b>Step &amp; Strength</b><br>with Anna |   | <i>Shred</i><br>with Jody               |   | Total Body Conditioning                |                           |
| 9:15 AM  |   |   |   |   |  | <i>Shred</i><br>with Jody |
| 9:30 AM  |   | <i>Silver Sneakers</i><br>with Kristy         |   | <i>Silver Sneakers</i><br>with Crystal        |  |                           |
| 10:30 AM |   | <i>Stretch &amp; Pure Dance</i><br>Class Lead |   | <i>Stretch &amp; Pure Dance</i><br>Class Lead |  |                           |
| 2:00 PM  | <b>Step Workout</b><br>with Christy     | Total Body Conditioning<br>with Christy       | Total Body Conditioning<br>with Christy | <b>HIIT</b><br>with Christy                   |  |                           |
| 5:30 PM  | Yoga<br>with Theresa                    |   |   | Yoga<br>with Theresa                          |  |                           |

**Class Schedules are Subject to Change**