

Fall Group Exercise Schedule 2021

October 4 - December 18



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:15am	Zumba (Heidi)	Silver Strong (Heather)	Zumba Tone (Heidi)	BOSScamp (Sue)		Pound (Hema)
10:30am	Gentle Yoga (Hyesun)	Spin & Strength (Heather 45 mins)	Low Impact (Sue)	Gentle Yoga (Hyesun)		Yoga Strong (Hyesun) Community Climb (10am-1pm)
11:30 AM		Stroller Fit (Heather 45 mins)	ABSolutely (Sue - 15 mins.)			
12:15pm	BOSScamp (Heather - 45 mins)	Tabata Tuesday (Heather- 45 mins)	BOSScamp (Sue - 45 min) Climbfit - 45 mins	Spin (Heather - 45 mins)	WAR (Joel - 45 mins)	
4:30 PM	Spin - (Sue - 50 mins) Community Climb (4-6pm)		Bosu/KB Blast (Heather - 50 mins) Community Climb (4-6pm)	Spin (Robyn - 50 mins)		
5:30pm	BOSScamp (Sue - 50 mins)	Strength (Robyn - 50 mins)	Spin (Heather - 50 mins)	Strength (Robyn - 50 mins)		
6:30pm	Yoga Strong (Hyesun)	Spin (Robyn)	BOSScamp (Heather)	Yoga (Hyesun)		

** Rock Wall Programming