



GROUP FITNESS SCHEDULE Fall I 2020 (August 31- October 24)



Time/Days	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45-6:30 AM	HIIT MPR (Darice)		HIIT MPR (Darice)			
7:00 - 7:45 AM	Stretch MPR		Stretch MPR		Gentle Stretch (7-7:30)• Outside/MPR (Jeff)	
7:00-9:45 AM	Pickel Ball Aux Gym	Pickel Ball Aux Gym	Pickel Ball Aux Gym	Pickel Ball Aux Gym	Pickel Ball Aux Gym	
8:45 - 9:45 AM	Aqua Exercise Pool Shallow	Aqua Jogging• Pool Deep	Aqua Exercise Shallow Deep Water Exercise	Aqua Jogging• Pool Deep	Aqua Exercise Shallow Deep Water Exercise	
9:15-10:15 AM						Zumba® MPR (Nickole)
9:30-10:15 AM			Barre Fitness MPR (Kristia)			
10:15 - 11:15 AM		Yoga Outside/Aux(Robin)		Yoga Outside/Aux (Robin)		
10:30 - 11:15 AM	SS Classic• Aux Gym (Kristia)		SS Classic• Aux Gym (Kristia)			
12:00-12:45 PM		Home School Aux Gym				
4:15-5:00 PM		PiYo MPR (Kristia)				
4:45-5:45 PM			HCC Yoga MPR			
5:15-6:15 PM		Body Workshop MPR (Erica)				
5:30-6:25 PM		Aqua Wet Workout Pool (Deb)	Aquarobics• Pool (Dovie)	Aqua Wet Workout Pool (Deb)		
	Yoga MPR (Robin)					
	Boot Camp LL (Paula)		Boot Camp LL (Shanelle)			
6:00-6:45 PM			PIYo MPR (Kristia)			
6:30-7:30 PM	Strong by Zumba® MPR (Nickole)	Zumba® MPR (Nickole)		Zumba® MPR (Nickole)		
6:30-8:00 PM		Tae Kwon Do Aux Gym		Tae Kwon Do Aux Gym		

Group Fitness Classes are Free to Members. Members MUST register for classes.

Multi-purpose Room Capacity is 16 participants per class

NOTE: Please be aware that our pool is a multi-use pool with several activities occurring at the same time.