

# Spring 2022 Fitness

**\*\*ZOOM Classes in RED**

## Group Exercise

Updated: April 1, 2022

MON	TUE	WED	THU	FRI	SAT
<b>Cycling</b> 6:00 am David	<b>Bootcamp</b> 6:00 am Neil	<b>Cycling</b> 6:00 am Suzannie	<b>Bootcamp</b> 6:00 am Neil	<b>Cycling</b> 6:00 am Kayla	<b>Masters</b> 6:00 am John
<b>Masters</b> 6:00 am John	<b>Masters</b> 6:00 am John	<b>Masters</b> 6:00 am Katie	<b>Masters</b> 6:00 am John	<b>Masters</b> 6:00 am John	<b>Strength</b> 9:00 am Alexandra
<b>Bootcamp</b> 8:15 am *zoom Alexandra	<b>Cycling</b> 7:00 am Theresa	<b>Strength</b> 7:15 am Kayla	<b>Cycling</b> 7:00 am Theresa	<b>Strength</b> 7:00 am Kayla	<b>Strength*zoom</b> 9:00 am Neil
<b>Pilates</b> 9 am Elaine	<b>Masters</b> 9:00 am Nik	<b>Bootcamp</b> 8:15am *zoom Alexandra	<b>Masters</b> 9:00 am Nik	<b>YOGA</b> 7:45 am Jeannette	<b>YOGA</b> 11:00 am Kate
<b>Aqua Aerobics</b> 9:00 am Carol	<b>Qigong **</b> 10:05 am Josh	<b>Aqua Aerobics</b> 9:00 am Carol	<b>Tai Chi **</b> 10:00 am Josh	<b>Bootcamp</b> 8:15am *zoom Alexandra	
<b>Aqua Aerobics</b> 10:00 am Carol		<b>Aqua Aerobics</b> 10:00 am Carol	<b>Pilates</b> 10:30 am Elaine	<b>Aqua Aerobics</b> 9:00 am Carol	
<b>Aqua Therapy</b> 11 am Andrea		<b>Aqua Therapy</b> 11 am Carol		<b>Aqua Aerobics</b> 10:00 am Carol	
<b>Cycling</b> 6:00 pm Kayla	<b>YOGA</b> 6:00 pm Caitlin		<b>YOGA</b> 6:00 pm Jeannette		<b>SUN</b>  <b>YOGA</b> 10 am Stephanie