

# Winter 2020 Fitness

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

## Group Exercise

Updated: June 20, 2022

MON	TUE	WED	THU	FRI	SAT
Cycling 6:00 am David	<b>Bootcamp</b> 6:00 am Neil	Cycling 6:00 am Suzannie	<b>Bootcamp</b> 6:00 am Neil	Cycling 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	Cycling 7:00 am Theresa	<b>Strength</b> 7:15 am Kayla	Cycling 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>Bootcamp</b> 8:15am *zoom Alexandra	<b>YOGA</b> 11:00 am Kate
<b>Aqua Aerobics</b> 9:00 am Carol	<b>Qigong **</b> 9:45 am Josh	<b>Aqua Aerobics</b> 9:00 am Carol	<b>Tai Chi</b> 9:45 am Josh	<b>Aqua Aerobics</b> 9:00 am Carol	
<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> 10:00 am Carol	
<b>Aqua Therapy</b> 11 am Andrea		<b>Aqua Therapy</b> 11 am Carol			
		<b>Weights</b> 5:00 pm Neil			
Cycling 6:00 pm Kayla	<b>YOGA</b> 6:00 pm Caitlin		<b>YOGA</b> 6:00 pm Jeannette		<b>SUN</b>  <b>YOGA</b> 11:15 am Stephanie