



Community
Campus



GROUP EXERCISE SCHEDULE

COMMUNITY CAMPUS

SUMMER I SESSION (6/18-7/22/18)

Group Exercise Schedule	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
<p>Schedule Begins June 18, 2018 and ends July 22, 2018 and is <u>subject to change</u>.</p> <p>Be advised that you should consult a physician prior to starting an exercise program.</p> <p>Class Rules: Minimum age to attend classes is 13 years old, unless otherwise marked.</p> <p>Participants must arrive no later than 10 minutes after class starts. Classes are first come, first serve. Pick up numbers in the Cardio room desk for sessions indicated. Participants are expected to put away equipment used during classes and must sign in after class is over.</p> <p>Key MPR1: Multi Purpose Room 1 MPR2: Multi Purpose Room 2 ICR: Indoor Cycling Room</p> <p>Classes That Require Numbers: Zumba, Zumba/Bollywood, Bolly-X, Wed AM Core Strength</p>	5:30-6:30am Group Cycling Nancy-ICR	5:30-6:30am Total Body Donna-MPR2	5:30-6:30am Group Cycling Karen-ICR	5:30-6:45am Sunrise Yoga Nancy-MPR2		7:00-7:55am Group Cycling Annmarie-ICR	8:40-9:35 am Bolly-X Sairah-MPR2	
	8:00-8:55am Scientific Yoga Guruji-MPR2	8:00-8:55am Zumba® Rachel-MPR2	8:00-8:55am Scientific Yoga Guruji-MPR2	8:00-8:55am Fit for Life Angela-MPR2	8:00-8:55am Zumba® Rachel-MPR2	8:00-8:55am Circuit Training Eleonor-MPR2	9:15-10:25am Power Yoga Sandy-MPR1	
	9:00-9:45am Total Body Angela-MPR2	9:00-9:55am Pilates Angela-MPR2	9:00-9:45am Zumba® Rachel-MPR2	9:00-9:45a Pilates Angela-MPR2	9:00-9:45am Step Staci-MPR2	9:00-9:55am Zumba® Samantha-MPR2	9:40-10:25 am Boot Camp Annmarie/Eleonor-MPR2	
	9:50-10:30am Zumba® Rachel-MPR2		9:00-9:45am Group Cycling Annmarie-ICR					
	10:35-12:00pm Healing Yoga Shuchi-MPR2	10:00-10:55am Zumba/Bollywood Sakshi-MPR2	9:50-10:30am Core Strength Annmarie-MPR2	9:50-10:30am Zumba/Bollywood Sakshi-MPR2	9:50-10:30am Zumba/Bollywood Sakshi-MPR2	9:50-10:30am Zumba/Bhangra Rachel-MPR2	9:00-10:15am Yoga Shuchi-MPR1	10:30-11:45 am Power Yoga Sandy-MPR1
				10:00-11:15 YOGA Jhankhna-Outside				
)			10:35-11:15am Circuit Training Sterling-MPR2	1:00-2:15pm Healing Yoga Shuchi-MPR2	10:00-10:55am Step & Tone Aleda-MPR2	10:30-12pm Tai Chi Wing-MPR2	
	7:00-7:55 pm Core Strength & Toning Sandy-MPR2	6:30-7:25pm Zumba® Bindiya-MPR2 (7yrs-adult)	6:30-7:25pm Total Body Angela-MPR2	6:30-7:25pm HIIT Annmarie-MPR2	6:30-7:25 pm Zumba/Bollywood Sakshi-MPR2	10:30-11:45 am Yoga Shuchi-MPR1		
	8:00-9:15pm Power Yoga Sandy-MPR2	7:30-8:25pm Boot Camp Eleonor-MPR2	7:30-8:25pm Zumba/Bollywood Sakshi-MPR2	7:30-8:25pm Pilates Angela-MPR2 (10yrs-adult)	7:30-8:25pm Healing Yoga Jhankhna-MPR2			
	JCC 7:00-8:00 pm Zumba Gym A							