

# Our Health Club & Spa

## Spring 2017 Group Fitness Class Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00 a.m.	REFIT (Debbie)	Ageless Grace (Lisa)	REFIT (Debbie)	Ageless Grace (Lisa)	REFIT (Debbie)	Cardio-Core Fusion (Kevin)
9:00 a.m.	Kettle Bell (Melissa)	Bodysculpt (Melissa)	Kettle Bell (Melissa)	Core (Kevin)	20,20,20 Angela	Zumba (Erin)
9:30 a.m.	Abs/Core (Melissa)		Pilates/Core Strech (Melissa)			
10:00 a.m.	Yoga (Karen)	Yoga (Karen)	Gentle Yoga (Karen)	Yin Yoga (Patty)	Yoga (Karen)	Aqua Dynamics (Sally)
10:00 a.m.		Aqua Therapy (Linda)		Aqua Therapy (Linda)		
11:00 a.m.	Silver Sneakers (Lisa)	Silver Sneakers (Lisa)	Silver Sneakers (Lisa)	Silver Sneakers (Lisa)	Silver Sneakers (Lisa)	
11:00 a.m.		AquaDyamics (Emma)		AquaDyamics (Emma)		
12:30p.m.	Silver Sneakers (Lisa)		Silver Sneakers (Lisa)			
3:00 p.m.- 5:30 p.m.	Family Swim	Family Swim	Family Swim	Family Swim	Family Swim	
5:00 p.m.	Cardio Pump (Kevin)	Hard Core (Kevin)	Kickboxing (Angela)	Kettle Bell (Sally)	Zumba (Deborah)	Family Swim 5:00-7:00
5:30 p.m.				Spinning (Sally)		
6:00 p.m.	Spinning (Sally)					
6:00 p.m.	AquaDynamics (Sally)		AquaDynamics (Sally)			
6:30 p.m.			Yoga (Jeremy)		Family Swim 6:30-8:30	
7:00 p.m.	Trim & Tone (Sally)					
7:30 p.m.	Yoga (Jeannie)	Family Swim 7:30-9:00		Family Swim 7:30-9:00		

<b>Sunday</b>
Family Swim 4:00-6:00