



# GROUP EXERCISE SCHEDULE

Effective January 2, 2019

Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30am		<b>Cycle Express</b> (45 min. w/Pat)		<b>Cycle Express</b> (45 min. w/Pat)		
	<b>Warrior Bootcamp</b> (60 min. w/Alec)	Cardio Bootcamp (60 min. w/Val)	<b>Warrior Bootcamp</b> (60 min. w/Eric)	Cardio Bootcamp (60 min. w/Val)	<b>Warrior Bootcamp</b> (60 min. w/Jake)	
6:30am		<b>Synrgy 360</b> (30 min)		<b>Synrgy 360</b> (30 min)		
8:30am	<b>Warrior Bootcamp</b> (60 min. w/Jake)	<b>Cycle Express</b> (45 min. w/Cindy)	<b>Warrior Bootcamp</b> (60 min. w/Jake)	<b>Cycle Express</b> (45 min. w/Courtney)	<b>Warrior Bootcamp</b> (60 min. w/Jake)	<b>Warrior Bootcamp</b> (60 min.)
	Strength & Resistance (45 min. w/Kathy)	<b>HIIT</b> (High Intensity Interval Training) (45 min. w/Kathy)	<b>TRX + Cardio Fusion</b> (60 min. w/Cindy)	<b>HIIT</b> (High Intensity Interval Training) (45 min. w/Kathy)	Strength & Resistance (45 min. w/Kenzi)	
9:00am		<b>Cardio Tennis</b> (tennis fees apply)			<b>Cardio Tennis</b> (tennis fees apply)	<b>ZUMBA</b> (60 min.)
9:30am	<b>SENIOR FITNESS</b> *Beginner level. Open to all ages. (60 min. w/Eric)	<b>Yoga</b> (60 min. w/Lydia)	<b>SENIOR FITNESS</b> *Beginner level. Open to all ages. (60 min. w/Cindy)	<b>Yoga</b> (60 min. w/Lydia)	Chair Yoga (60min. W/Jane)	
11:45am	<b>Workout Window</b> (1145a-1245p)		<b>Workout Window</b> (1145a-1245p)		<b>Workout Window</b> (1145a-1245p)	
3:15pm	<b>Warrior Bootcamp</b> (60 min. w/Eric)		<b>Warrior Bootcamp</b> (60 min. w/Eric)		<b>Warrior Bootcamp</b> (60 min. w/Eric)	
4:30pm	<b>Warrior Bootcamp</b> (60 min. w/Alec)		<b>Warrior Bootcamp</b> (60 min. w/Alec)		<b>Warrior Bootcamp</b> (60 min. w/Eric)	
5:00pm		<b>ZUMBA</b> (60 min.)		<b>ZUMBA</b> (60 min.)		
5:30pm	<b>TRX-Box</b> (45 min. w/Breanna)	Strength Bootcamp (50 min. w/Kenzi)	<b>TRX-Box</b> (45 min. w/Breanna)	Strength Bootcamp (50 min. w/Kenzi)		
6:00pm	<b>Warrior Bootcamp</b> (60 min. w/Alec)	<b>Cycle</b> (60 min. w/Courtney)	<b>Warrior Bootcamp</b> (60 min. w/Alec)	Kettlebell Conditioning (30 min. w/Alec)		
6:15pm	<b>YOGA/Core</b> (60 min. w/Cassie)					
6:30pm		<b>Self Defense</b> (6 week session/Sign up)		<b>Cycle</b> (60 min. w/Kenzi)		

\*Must be Full Club Member to attend **Warrior Bootcamp**