

# Group Fitness/AquaFit/Spinfit

October 4 – December 31, 2021

● Aerobic Studio    
 ● AquaFit    
 ● Zoom Class    
 ● SpinFit Studio    
 ● Social Hall

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SUNDAY
8:30-9:30 am	<b>Basic Yoga</b> <i>Liz</i>	<b>Zumba</b> <i>Emma</i>		<b>Zumba</b> <i>Emma</i>		
8:45-9:15 am		<b>Absolutely</b> <i>Ryan</i>			<b>Absolutely</b> <i>Ryan</i>	
9:15-10:15 am	<b>Powerpump</b> <i>Carla</i>	<b>Zumba</b> <i>Kirsten</i>	<b>Bootcamp</b> <i>Debora</i>	<b>Zumba</b> <i>Kathy</i>	<b>Bootcamp</b> <i>Ryan</i>	
9:30-10:15 am	<b>Aquawaves</b> <i>Terry</i>	<b>Aquawaves</b> <i>David</i>	<b>Aquawaves</b> <i>Kathy</i>	<b>Aquawaves</b> <i>Terry</i>	<b>Aquawaves</b> <i>Kathy</i>	<b>Zumba</b> <i>Emma</i>
9:30-10:30 am	<b>SpinFit</b> <i>Barry</i>	<b>SpinFit</b> <i>Carla</i>	<b>SpinFit</b> <i>Brian</i>	<b>SpinFit</b> <i>David</i>	<b>SpinFit</b> <i>Barry</i>	
10:30-11:30 am	<b>Vitality Strength</b> <i>Ryan</i>	<b>Vitality Plus</b> <i>Kirsten</i>	<b>Vitality Plus</b> <i>Margaret</i>	<b>Vitality Strength</b> <i>Dalia</i>	<b>Vitality Plus</b> <i>Carla</i>	<b>Powerpump</b> <i>Nick</i>
11:30am-12:15 pm		<b>Chair Yoga</b> <i>Angela</i>		<b>Beginner Yoga</b> <i>Sylvia</i>		
11:45am -12:30 pm						<b>Mindful Meditation</b> <i>Karl</i>
5:30-6:15 pm	<b>Bootcamp</b> <i>Dalia</i>	<b>Ballet Barre Fit</b> <i>Dylan</i>	<b>Core Yoga</b> <i>Terry</i>	<b>Bootcamp</b> <i>Nick</i> <b>Core Yoga</b> <i>Rhona</i>		
6:00-7:00 pm			<b>Zumba</b> <i>Emma</i>			
6:15-7:00 pm	<b>SpinFit</b> <i>Brian</i>			<b>SpinFit</b> <i>Carla</i>		
6:15-7:15 pm		<b>Mindful Meditation</b> <i>Karl</i>				