

# Group Fitness

October

2017

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Classes/Instructors
6:00 a.m. :50 mins	<b>Spin</b> Donald Rng		<b>Spin</b> Donald Rng				<b>Cycling</b> Don Ring
7:00 a.m. :55 mins		<b>Water Aerobics</b> Martha		<b>Water Aerobics</b> Martha			<b>Water Aerobics</b> Bonnie Morgan James Cartwright Uvon Perkins
8:00 a.m. :55 mins	<b>Water Aerobics</b> Bonnie	<b>Cardio Express</b> Barb (30 minutes)	<b>Water Aerobics</b> Bonnie	<b>Cardio Express</b> Barb (30 minutes)	<b>Water Aerobics</b> Bonnie		Martha Williams
8:30 a.m. :55 mins						<b>Detox (track)</b> Miranda	<b>Step &amp; Sculpt</b> Karen Hildreth Barb Towe
8:30 a.m. :55 mins	<b>Step &amp; Sculpt</b> Karen	<b>Strength and Length</b> Barb	<b>Step &amp; Sclupt</b> Barb	<b>Strength and Length</b> Barb		<b>Step &amp; Sclupt</b> Barb	
9:35 a.m. :55 mins	Tabata Carla			<b>Cardio Jam</b> Carla	Lift and Move Carla		<b>Cardio Jam/Tabata</b> Carla Gwaltney
10:00 a.m. 55 mins		Yoga Karen					<b>Zumba</b> Grace Absher Miranda Dalton Karen Britt (sub)
11:00 a.m. 55 mins		<b>Water Aerobics</b> Carol		<b>Water Aerobics</b> Carol			
1:30 p.m. 55 mins		<b>Silver Sneakers</b> crystal/shannon			<b>Silver Sneakers</b> crystal/shannon		
4:30 p.m. :55 mins	<b>ZUMBA</b> Grace	<b>Barbell &amp; Abs</b> Karen	<b>Cross Train</b> Melissa	<b>Barbell &amp; Abs</b> Karen	<b>ZUMBA</b> Grace		<b>Detox</b> Miranda Dalton
5:30 p.m. :55 mins	Yoga Karen	Tabata Carla	Yoga Ranee	<b>Anything Goes</b> Melissa			<b>Yoga</b> Karen and Ranee
6:30 p.m. :55 mins		<b>ZUMBA</b> Karen Britt		<b>R.I.P.P.E.D</b> Melissa			<b>Strength/Flexibility</b> Barb Towe
							<b>Silver Sneakers</b> Shannon/Crystal
							<b>Cross Train</b> Melissa Turner
							<b>R.I.P.P.E.D</b> Melissa Turner

