

MODIFIED GROUP EXERCISE CLASS SCHEDULE

JUNE 29 – JULY 2

MONDAY, JUNE 29

WALKING CLUB | 8:00 AM – 8:45 AM
Elizabeth – Field

CORE | 9:00 AM – 9:55 AM
Elizabeth – Community Room

FOREVER FIT | 9:15 AM – 10:00 AM
Alan – Inter-Gen

ZUMBA STEP | 10:00 AM – 10:55 AM
Elizabeth – Community Room

CYCLE | 5:15 PM – 5:55 PM
Tim – Community Room Patio

MIXXEDFIT | 5:15 PM – 5:55 PM
Debra – Inter-Gen

LES MILLS CORE | 6:00 PM – 6:55 AM
Manuel – Community Room

LES MILLS GRIT | 7:00 PM – 7:55 PM
Manuel – Community Room

TUESDAY, JUNE 30

FOREVER FIT | 8:15 AM – 9:00 AM
Elizabeth – Inter-Gen

FOREVER FIT | 9:15 AM – 10:00 AM
Elizabeth – Inter-Gen

POP PILATES | 10:00 AM – 10:55 AM
Jerome – Community Room

AQUA ZUMBA | 10:15 AM – 11:10 AM
Elizabeth – Pool

FLOWLIFT | 5:00 PM – 5:55 PM
Diana – Inter-Gen

AQUA FIT | 5:10 PM – 5:55 PM
LaKemba – Pool

STRENGTH | 6:00 PM – 6:55 PM
LaKemba – Community Room

MIXXEDFIT | 7:00 PM – 7:55 PM
Melissa – Community Room

WEDNESDAY, JULY 1

XTREME HIP HOP STEP | 6:30 AM – 7:25 AM
Felicia – Inter-Gen

WALKING CLUB | 8:00 AM – 8:45 AM
Elizabeth – Field

HATHA YOGA | 9:00 AM – 9:55 AM
Gina – Inter-Gen

FOREVER FIT | 9:15 AM – 10:00 AM
Elizabeth – Community Room

ZUMBA | 10:00 AM – 10:55 AM
Ashley – Inter-Gen

CYCLE | 10:10 AM – 11:05 AM
Elizabeth – Community Room Patio

CARDIO BLAST | 6:00 PM – 6:55 PM
Nasara – Community Room

ZUMBA | 7:00 PM – 7:55 PM
Luis – Community Room

THURSDAY, JULY 2

MIXXEDFIT | 9:00 AM – 9:55 AM
Claire – Patio

FOREVER FIT | 9:15 AM – 10:00 AM
Macks – Inter-Gen

BARRALATES | 9:30 AM – 10:25 AM
Diana – Community Room

AQUA ZUMBA | 10:15 AM – 11:10 AM
Elizabeth – Pool

BARRALATES | 5:00 PM – 5:55 PM
Diana – Inter-Gen

AQUA FIT | 5:10 PM – 5:55 PM
LaKemba – Pool

STRENGTH | 6:00 PM – 6:55 PM
LaKemba – Community Room

ZUMBA | 7:00 PM – 7:55 PM
Andrea – Inter-Gen