

FITNESS SCHEDULE | STARTING NOVEMBER 21

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		
8:30am		CIRCUIT W/ JENN 8:30am-9:30am GROUPX STUDIO	STRETCH & TONE W/ JENN 8:30-9:20am GROUPX STUDIO	CORE & MORE W/ JENN 8:30am-9:20am GROUPX STUDIO	BIKES W/ JENN 8:30-9am CYCLE STUDIO	INTRO TO PILATES W/ JOYCE 8:30am-9:30am GROUPX STUDIO		
8:45am								
9:00am	CYCLING W/ JANET 9:00AM-9:45AM CYCLE STUDIO						CHAIR YOGA AND QIGONG W/ JAN 9am-9:50am KLINE AUDITORIUM	BARS W/ JENN 9am-9:30am GROUPX STUDIO
9:15am								
9:30am								
9:45am	STRENGTH & CORE W/ JANET 9:45AM-10:15AM GROUPX STUDIO							
10:00am		SILVER SNEAKERS 10am-10:45am KLINE AUDITORIUM	SILVER SNEAKERS 10am-10:45am KLINE AUDITORIUM	SILVER SNEAKERS 10am-10:45am KLINE AUDITORIUM	SILVER SNEAKERS 10am-10:45am KLINE AUDITORIUM	ZUMBA GOLD W/ ANNA 10am-10:45am KLINE AUDITORIUM		
10:15am								
10:30am								
10:45am								
11:00am				BALANCE & MOBILITY W/ JOYCE 11AM-11:45AM GROUPX STUDIO				
11:15 am								
11:30am								
11:45AM								
5:30pm								
6:00pm			BASIC HATHA YOGA FOR ALL LEVELS W/ PAM 6-7pm GROUPX STUDIO					
6:15pm								
6:30pm								
6:45pm								
7:00pm								

Cycling

Yoga

Strength/Core

Zumba Gold

Pilates

Silver Sneakers

Balance/Strength