



Effective August 17, 2022

For questions or concerns, contact Taylor Shore at [taylor.g.shore@gmail.com](mailto:taylor.g.shore@gmail.com)

**Monday**

8:15-9:00 am	GRIT Cardio	Joanna
9:15-10:15 am	Total Body Strength	Joanna
10:30-11:15 am	Zumba Gold	Ashlie
5:00-5:45 pm	Tabata & Core	Kay
6:00-7:00 pm	BODYPUMP	Dawn

**Tuesday**

5:00-5:50 am	BODYPUMP	Yelena
8:15-9:00 am	Cardio Dance	Cassandra
10:30-11:15 am	Active Older Adults	Sara
5:00-6:00 pm	BODYPUMP	Yelena
6:15-7:15 pm	Yoga	Yelena

**Wednesday**

8:15-9:00 am	Cardio/Strength Combo	Cassandra
9:15-10:15 am	Yoga	Rachel
10:30-11:15 am	Chair Yoga	Rachel
5:00-6:00 pm	BODYPUMP	Katelin

**Thursday**

5:00-5:50 am	GRIT Cardio/Tabata	Lori
8:15-9:00 am	Cardio Kickboxing	Kathyrn
9:30-10:15 am	Total Body Strength	Kristin
10:30-11:15 am	Active Older Adults	Sara
5:30-6:00 pm	BODYPUMP Express	Sara
6:05-6:35 pm	Les Mills Core	Sara

**Friday**

5:00-5:50 am	BODYPUMP	Lori
8:30-9:00 am	BODYPUMP Express	Amber
9:05-9:35 am	Les Mills Core	Amber

**Saturday**

8:15-9:00 am	Step	Sara
9:15-10:15 am	BODYPUMP	Dawn

**Sunday**

2:45-3:45 pm	Yoga	Yelena
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