



## Memorial Day Weekend Group Ex Class Schedule

Friday, May 24 <sup>th</sup> Center Hours: 5am-7pm	Saturday, May 25 <sup>th</sup> Center Hours: 7am-3pm
<p><u>6:00am *** Full Body HIIT</u> Amanda S. /AS</p> <p><u>7:00am *Aqua Easy Movement</u> Julie P. /WARM</p> <p><u>8:30am **Group Cycling</u> Kelly F. /CS</p> <p><u>8:30am ***Cardio Strength</u> Amanda S. /AS</p> <p><u>8:30am **Yoga/Pilates Hybrid (45)</u> Cheryl G. /MBS</p> <p><u>9:15am **Aqua Power</u> Nicole L. /LAP</p> <p><u>9:15am *YIN Yoga (45)</u> Cheryl G. /MBS</p> <p><u>9:30am ** Cycle Fusion</u> Kelly F. /CS/AS</p> <p><u>10:30am *Aquacize with Arthritis</u> Nicole L. /WARM</p>	<p><u>8:00am **Vinyasa Yoga</u> Rhonda C. /MBS</p> <p><u>9:00am ***HIGH Fitness</u> Sophie J. /MBS</p> <p><u>9:00am **Barre</u> Amy H. /AS</p> <p><u>9:00am **Group Cycling</u> Kelly F. /CS</p> <p><u>9:15am **Aqua Power</u> Rhonda C. /LAP</p> <p><u>10:15am *Functional Flexibility</u> Kelly F. /CR</p>
Sunday, May 26 <sup>th</sup> Center Hours: 7am-3pm	Monday, May 27 <sup>th</sup> Memorial Day Center Hours: 7am-Noon
<p><u>9:30am **Group Cycling</u> Kelly F. /CS</p>	<p><u>8:30am **Group Cycling</u> Brittainy H. /CS</p> <p><u>8:30am ***Cardio Strength</u> Amanda S. /AS</p> <p><u>8:30am **Aqua Power</u> Nicole L. /LAP</p> <p><u>9:30am **Zumba®</u> Laura M. /AS</p> <p><u>9:30am *Quick Core! (30min)</u> Brittainy H./CR</p> <p><u>10:30am *Aquacize with Arthritis</u> Nicole L. /WARM</p>