Group Exercise Class Schedule

LUNCHTIME

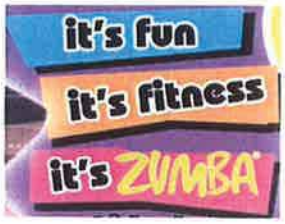
1145 - 1245

Monday /Wednesday – Spinning

Tuesday /Thursday –

Barbell Weight Lifting/Sculpting

EVENINGS



1900-2000

Monday/Wednesday – ZUMBA

(In the gym)

Tuesday – Spinning

Thursday – Pilates

(In the aerobics room)