



# GROUP EXERCISE SCHEDULE

6016641955 - FLOWOOD - Effective: 6/15/20

## MONDAY

CLASS	INSTRUCTOR	LOCATION	
5:00am	Bootcamp	Rashard	Indoor Arena
5:30am	Y-Cycle	Martha	Cycle Studio
8:00am	Sculpt	Rita	Group Exercise Room
8:00am	Deep Water Aerobics	Karen	Competition Pool
9:00am	Shallow Water Aerobics	Amy	Therapy Pool
9:00am	Mat Pilates	Rita	Group Exercise Room
4:30pm	Bootcamp	Rashard	Arena
5:00pm	Y-Cycle	Meg	Cycle Studio
6:00pm	Sculpt	Nancilyn	Group Exercise Room

## TUESDAY

CLASS	INSTRUCTOR	LOCATION	
8:00am	Cardio Blast	Heather	Group Exercise Room
9:00am	Y-Cycle	Christy	Cycle Studio
9:00am	Bootcamp	Elizabeth	Arena
10:00am	Yoga	Renee	Group Exercise Room
4:30pm	Y-Cycle	Christy	Cycle Studio
5:00pm	Mat Pilates	Heather	Group Exercise Room
5:00pm	Bootcamp	Apryle	Arena
6:00pm	Yoga	Rita	Group Exercise Room

## WEDNESDAY

CLASS	INSTRUCTOR	LOCATION	
5:00am	Bootcamp	Rashard	Arena
5:30am	Y-Cycle	Martha	Cycle Studio
8:00am	Deep Water Aerobics	Karen	Competition Pool
9:00am	Step Aerobics	Chloe	Group Exercise Room
9:00am	Shallow Water Aerobics	BJ	Therapy Pool
5:30pm	Bootcamp	Apryle	Arena
6:00pm	Zumba	Paula	Group Exercise Room

## THURSDAY

CLASS	INSTRUCTOR	LOCATION	
5:30am	Yoga	Renee	Group Exercise Room
8:00am	Zumba	Karen	Group Exercise Room
9:00am	Sculpt	Meg	Group Exercise Room
4:30pm	Step	Laurie	Group Exercise Room
5:15pm	Ballet Barre	Laurie	Group Exercise Room
6:15pm	Y-Cycle	Heather	Cycle Studio

## FRIDAY

CLASS	INSTRUCTOR	LOCATION	
5:00am	Bootcamp	Jill	Arena
5:45am	Y-Cycle	Rhonda	Cycle Studio
8:00am	Cardio Blast	Chloe	Group Exercise Room
8:00am	Deep Water Aerobics	Karen	Competition Pool
9:00am	Shallow Water Aerobics	Amy	Therapy Pool
9:00am	Retro Hi/Lo Aerobics	Meg	Group Exercise Room
4:45pm	Kickboxing	Kate	Arena
5:45pm	Restorative Yoga	Skye	Group Exercise Room

## SATURDAY

CLASS	INSTRUCTOR	LOCATION	
8:30am	Y-Cycle	Meg	Cycle Studio
9:00am	Bootcamp	Rashard	Arena
10:00am	Zumba	Rotating Instructors	Group Exercise Room

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CLASS PARTICIPANTS MUST BE 13 YEARS OR OLDER

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