



# GROUP EXERCISE SCHEDULE RESERVOIR

Effective October 2020

**CLASS PARTICIPANTS MUST BE 13 YEARS OR OLDER**

## MONDAY

TIME	CLASS	INSTRUCTOR	LOCATION
8 :30 AM	Y-Cycle	Paula	Group Exercise Room
4:45 PM	Sculpt	Laurie	Group Exercise Room
5:45 PM	Abs	Paula	Group Exercise Room
6:00 PM	Sculpt	Paula	Group Exercise Room

## TUESDAY

TIME	CLASS	INSTRUCTOR	LOCATION
8 :45 AM	Yoga	Crystal	Group Exercise Room
10:00 AM	Silver Sneakers Cardio	B.J.	Group Exercise Room
4:45 PM	Ballet Barre	Laurie	Group Exercise Room
5:45 PM	Kickboxing	Kate	Tennis Courts
6:15 PM	Y-Cycle	Paula	Childcare Room

## WEDNESDAY

TIME	CLASS	INSTRUCTOR	LOCATION
8 :30 AM	Y-Cycle	Paula	Group Exercise Room
4:45 PM	Step	Laurie	Group Exercise Room
5:45 PM	Sculpt	Laurie	Group Exercise Room

## THURSDAY

TIME	CLASS	INSTRUCTOR	LOCATION
8:30 AM	Abs/Sculpt	Paula	Group Exercise Room
10:00 AM	Silver Sneakers Cardio	Martha	Group Exercise Room
11:00 AM	Silver Sneakers Yoga/Stretch	Martha	Group Exercise Room
4:45 PM	Pilates Sculpt	Crystal	Group Exercise Room
5:30 PM	Y-Cycle	Paula	Group Exercise Room

## FRIDAY

TIME	CLASS	INSTRUCTOR	LOCATION
8 :30 AM	Y-Cycle	Paula	Group Exercise Room

## SATURDAY

TIME	CLASS	INSTRUCTOR	LOCATION
7:15 AM	Body Amp*	Kate	Tennis Courts
8:15 AM	Zumba	Renada	Tennis Courts

\*Select Saturdays Only (Check App for Availability)

601.992.9118

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