



GROUP EX SCHEDULE

JULY 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	5:15am-6:15am **BOOT CAMP Private Zoom Group Rochelle Duncan	5:30am-6:30am **PURE STRENGTH Private Zoom Group Rochelle Duncan	5:15am-6:15am **BOOT CAMP Private Zoom Group Rochelle Duncan	5:30am-6:30am **PURE STRENGTH Private Zoom Group Rochelle Duncan	5:15am-6:15am **BOOT CAMP Private Zoom Group Rochelle Duncan	7:00am-8:00am CARDIO FLEX Group Ex Room Lindsay Morris
	8:00am-9:00am MORNING YOGA Group Ex Room Lawren Mordica	1:00pm-2:00pm SILVER SNEAKERS Group Ex Room Donna Wren	8:00am-9:00am MORNING YOGA Group Ex Room Lawren Mordica	1:00pm-2:00pm SILVER SNEAKERS Group Ex Room Donna Wren	8:00am-9:00am MORNING YOGA Group Ex Room Lawren Mordica	
	6:00pm-6:30pm TOTAL CORE Group Ex Room Melissa Karotka	2:00pm-2:45pm SILVER SNEAKERS YOGA Group Ex Room Donna Wren	6:00pm-6:30pm TOTAL CORE Group Ex Room Melissa Karotka	2:00pm-2:45pm SILVER SNEAKERS YOGA Group Ex Room Donna Wren		
	6:40pm-7:25pm HIIT Group Ex Room Melissa Karotka	6:00pm-7:00pm **PURE STRENGTH Private Zoom Group Rochelle Duncan	6:40pm-7:25pm CARDIO CIRCUIT Group Ex Room Melissa Karotka	6:00pm-7:00pm **PURE STRENGTH Private Zoom Group Rochelle Duncan		
				7:00pm-8:00pm EVENING YOGA Group Ex Room Lawren Mordica		
					** Fee Based Classes Registration Required	