



GROUP EX SCHEDULE

NOVEMBER 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	9:00am-10:00am 3-2-1 BODY BLAST Facebook Live Rochelle Duncan
	8:00am-9:00am MORNING YOGA Group Ex Room Lawren Mordica	6:30am-7:30am *MS STRENGTH TRAINING Group Ex Room Victoria Hoover	8:00am-9:00am MORNING YOGA Group Ex Room Lawren Mordica	6:30am-7:30am *MS STRENGTH TRAINING Group Ex Room Victoria Hoover	8:00am-9:00am MORNING YOGA Group Ex Room Lawren Mordica	
	5:00pm-6:00pm CARDIO FLEX Group Ex Room Lindsay Morris	1:00pm-2:00pm SILVER SNEAKERS Senior Center Donna Wren	6:00pm-6:30pm GLUTES & ABS Group Ex Room Melissa Karotka	1:00pm-2:00pm SILVER SNEAKERS Senior Center Donna Wren		
	6:00pm-6:30pm TOTAL CORE Group Ex Room Melissa Karotka	2:00pm-2:45pm SILVER SNEAKERS YOGA Senior Center Donna Wren	6:40pm-7:25pm 30 & 30 CIRCUIT Group Ex Room Melissa Karotka	2:00pm-2:45pm SILVER SNEAKERS YOGA Senior Center Donna Wren		
	6:40pm-7:25pm HIIT Group Ex Room Melissa Karotka	3:30pm-4:30pm *MS STRENGTH TRAINING Group Ex Room Victoria Hoover		3:30pm-4:30pm *MS STRENGTH TRAINING Group Ex Room Victoria Hoover		
		6:00pm-7:00pm *PURE STRENGTH Private Zoom Group Rochelle Duncan		5:00pm-6:00pm CARDIO FLEX Group Ex Room Lindsay Morris		
				6:00pm-7:00pm *PURE STRENGTH Private Zoom Group Rochelle Duncan		
				<p>Classes are limited to 10 participants to ensure proper social distancing.</p> <p>*Fee based classes registration required</p>		