



# STATE COLLEGE YMCA SPRING BREAK 2023 GROUP EXERCISE SCHEDULE (as of 3/1)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45 AM		<b>Bodypump – Sandy – Small Gym</b>		<b>Bodypump – Sandy – Small Gym</b>			
6:00 AM	<b>Boot Camp – Josh – Gym A &amp; B</b>	<b>Adult Swim – Josh – Rec Pool</b> <b>Cycling Class – Gabby – Cycling Room</b>	<b>Boot Camp – Josh – Gym A &amp; B</b>	<b>Adult Swim – Jen – Rec Pool</b> <b>Cycling Class – Marc – Cycling Room</b>	<b>Boot Camp – Josh – Gym A &amp; B</b>		
8:15 AM						<b>Bodypump – Monica – Small Gym</b>	
8:30 AM	<b>Cardio Dance – Ellen – Small Gym</b>		<b>Cardio Dance – Ellen – Small Gym</b>		<b>Cardio Dance – Ellen – Small Gym</b>		
9:00 AM	<b>Active Adult Total Fitness – Sue – Gym A</b>		<b>Active Adult Total Fitness – Sue – Gym A</b>	<b>Yoga – Briel – Small Gym</b>	<b>Active Adult Total Fitness – Sue – Gym A</b>		
9:15 AM							<b>Yoga – Briel – Small Gym</b>
9:30 AM						<b>Zumba – Melissa – Small Gym</b>	
10:00 AM	<b>Move, Stretch &amp; Balance – Sarah – Online</b> <b>Bodypump – Vicki – Small Gym</b>	<b>Zumba Gold – Joann – Gym A</b> <b>Bodybalance – Vicki – Small Gym</b>	<b>Bodypump – Vicki – Small Gym</b> <b>Move, Stretch &amp; Balance – Sarah – Online</b>	<b>Zumba Gold – Joann – Gym A</b> <b>Bodycombat – Vicki – Small Gym</b>	<b>Move, Stretch &amp; Balance – Sarah – Online</b> <b>Bodypump – Vicki – Small Gym</b>		
10:30 AM		<b>Senior Strength &amp; Stretch – Sarah – Fitness Center</b>		<b>Senior Strength &amp; Stretch – Sarah – Fitness Center</b>			
10:45 AM						<b>Yoga – Andy – Small Gym</b>	
11:00 AM	<b>Gentle Yoga – Nicole – Small Gym-Online</b>		<b>Gentle Yoga – Amy – Small Gym-Online</b>		<b>Gentle Yoga – Nicole – Small Gym-Online</b>		
12:10 PM	<b>Cycling Class – Jules – Cycling Room</b>	<b>Boot Camp – Josh – Gym A or Fitness Center</b>	<b>Cycling Class – Stacy – Cycling Room</b>	<b>Boot Camp – Josh – Gym A or Fitness Center</b>	<b>Cycling Class – Leila – Cycling Room</b>		
5:00 PM							
5:15 PM	<b>Bodypump – Jen – Small Gym</b>		<b>Bodypump – Jen – Small Gym</b>				
6:00 PM		<b>Cycling Class – Ann – Cycling Room</b>		<b>Zumba Tone – Shianne – Gym A</b> <b>Cycling Class – Krista – Cycling Room</b>		<p style="text-align: center;"><b>Key</b></p> <p style="text-align: center;">Blue – Active Adult Programs</p> <p style="text-align: center;">Black – Group Ex Programs</p> <p style="text-align: center;">Red – Les Mills</p> <p style="text-align: center;">Purple – Virtual Only</p> <p style="text-align: center;">Green – Special Classes</p>	
6:15 PM	<b>Zumba – Joann – Small Gym</b>		<b>Zumba – Joann – Small Gym</b>				
7:00 PM		<b>Slow Flow Yoga – Nicole – Small Gym</b>					
6:30 PM				<b>Youth Tang Soo Do Karate – Small Gym</b>			
7:30 PM			<b>Adult Tang Soo Do Karate – Teen Center</b>				

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6:00 PM		<b>Cycling Class – Ann – Cycling Room</b>		<b>Zumba Tone – Shianne – Gym A</b> <b>Cycling Class – Krista – Cycling Room</b>		<p style="text-align: center;"><b>Key</b></p> <p style="text-align: center;">Blue – Active Adult Programs</p> <p style="text-align: center;">Black – Group Ex Programs</p> <p style="text-align: center;">Red – Les Mills</p> <p style="text-align: center;">Purple – Virtual Only</p> <p style="text-align: center;">Green – Special Classes</p>	
6:15 PM	<b>Zumba – Joann – Small Gym</b>		<b>Zumba – Joann – Small Gym</b>				
7:00 PM		<b>Slow Flow Yoga – Nicole – Small Gym</b>					
6:30 PM				<b>Youth Tang Soo Do Karate – Small Gym</b>			
7:30 PM			<b>Adult Tang Soo Do Karate – Teen Center</b>				

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## SPRING BREAK 2023 GROUP EXERCISE SCHEDULE (as of 3/1)

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5:45 AM		<b>Bodypump – Sandy – Small Gym</b>		<b>Bodypump – Sandy – Small Gym</b>			
6:00 AM	<b>Boot Camp – Josh – Gym A &amp; B</b>	<b>Adult Swim – Josh – Rec Pool</b> <b>Cycling Class – Gabby – Cycling Room</b>	<b>Boot Camp – Josh – Gym A &amp; B</b>	<b>Adult Swim – Jen – Rec Pool</b> <b>Cycling Class – Marc – Cycling Room</b>	<b>Boot Camp – Josh – Gym A &amp; B</b>		
8:15 AM						<b>Bodypump – Monica – Small Gym</b>	
8:30 AM	<b>Cardio Dance – Ellen – Small Gym</b>		<b>Cardio Dance – Ellen – Small Gym</b>		<b>Cardio Dance – Ellen – Small Gym</b>		
9:00 AM	<b>Active Adult Total Fitness – Sue – Gym A</b>		<b>Active Adult Total Fitness – Sue – Gym A</b>	<b>Yoga – Briel – Small Gym</b>	<b>Active Adult Total Fitness – Sue – Gym A</b>		
9:15 AM							<b>Yoga – Briel – Small Gym</b>
9:30 AM						<b>Zumba – Melissa – Small Gym</b>	
10:00 AM	<b>Move, Stretch &amp; Balance – Sarah – Online</b> <b>Bodypump – Vicki – Small Gym</b>	<b>Zumba Gold – Joann – Gym A</b> <b>Bodybalance – Vicki – Small Gym</b>	<b>Bodypump – Vicki – Small Gym</b> <b>Move, Stretch &amp; Balance – Sarah – Online</b>	<b>Zumba Gold – Joann – Gym A</b> <b>Bodycombat – Vicki – Small Gym</b>	<b>Move, Stretch &amp; Balance – Sarah – Online</b> <b>Bodypump – Vicki – Small Gym</b>		
10:30 AM		<b>Senior Strength &amp; Stretch – Sarah – Fitness Center</b>		<b>Senior Strength &amp; Stretch – Sarah – Fitness Center</b>			
10:45 AM						<b>Yoga – Andy – Small Gym</b>	
11:00 AM	<b>Gentle Yoga – Nicole – Small Gym-Online</b>		<b>Gentle Yoga – Amy – Small Gym-Online</b>		<b>Gentle Yoga – Nicole – Small Gym-Online</b>		
12:10 PM	<b>Cycling Class – Jules – Cycling Room</b>	<b>Boot Camp – Josh – Gym A or Fitness Center</b>	<b>Cycling Class – Stacy – Cycling Room</b>	<b>Boot Camp – Josh – Gym A or Fitness Center</b>	<b>Cycling Class – Leila – Cycling Room</b>		
5:00 PM							
5:15 PM	<b>Bodypump – Jen – Small Gym</b>		<b>Bodypump – Jen – Small Gym</b>				
6:00 PM		<b>Cycling Class – Ann – Cycling Room</b>		<b>Zumba Tone – Shianne – Gym A</b> <b>Cycling Class – Krista – Cycling Room</b>		<p style="text-align: center;"><b>Key</b></p> <p style="text-align: center;">Blue – Active Adult Programs</p> <p style="text-align: center;">Black – Group Ex Programs</p> <p style="text-align: center;">Red – Les Mills</p> <p style="text-align: center;">Purple – Virtual Only</p> <p style="text-align: center;">Green – Special Classes</p>	
6:15 PM	<b>Zumba – Joann – Small Gym</b>		<b>Zumba – Joann – Small Gym</b>				
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8:15 AM						<b>Bodypump – Monica – Small Gym</b>	
8:30 AM	<b>Cardio Dance – Ellen – Small Gym</b>		<b>Cardio Dance – Ellen – Small Gym</b>		<b>Cardio Dance – Ellen – Small Gym</b>		
9:00 AM	<b>Active Adult Total Fitness – Sue – Gym A</b>		<b>Active Adult Total Fitness – Sue – Gym A</b>	<b>Yoga – Briel – Small Gym</b>	<b>Active Adult Total Fitness – Sue – Gym A</b>		
9:15 AM							<b>Yoga – Briel – Small Gym</b>
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10:00 AM	<b>Move, Stretch &amp; Balance – Sarah – Online</b> <b>Bodypump – Vicki – Small Gym</b>	<b>Zumba Gold – Joann – Gym A</b> <b>Bodybalance – Vicki – Small Gym</b>	<b>Bodypump – Vicki – Small Gym</b> <b>Move, Stretch &amp; Balance – Sarah – Online</b>	<b>Zumba Gold – Joann – Gym A</b> <b>Bodycombat – Vicki – Small Gym</b>	<b>Move, Stretch &amp; Balance – Sarah – Online</b> <b>Bodypump – Vicki – Small Gym</b>		
10:30 AM		<b>Senior Strength &amp; Stretch – Sarah – Fitness Center</b>		<b>Senior Strength &amp; Stretch – Sarah – Fitness Center</b>			
10:45 AM						<b>Yoga – Andy – Small Gym</b>	
11:00 AM	<b>Gentle Yoga – Nicole – Small Gym-Online</b>		<b>Gentle Yoga – Amy – Small Gym-Online</b>		<b>Gentle Yoga – Nicole – Small Gym-Online</b>		
12:10 PM	<b>Cycling Class – Jules – Cycling Room</b>	<b>Boot Camp – Josh – Gym A or Fitness Center</b>	<b>Cycling Class – Stacy – Cycling Room</b>	<b>Boot Camp – Josh – Gym A or Fitness Center</b>	<b>Cycling Class – Leila – Cycling Room</b>		
5:00 PM							
5:15 PM	<b>Bodypump – Jen – Small Gym</b>		<b>Bodypump – Jen – Small Gym</b>				
6:00 PM		<b>Cycling Class – Ann – Cycling Room</b>		<b>Zumba Tone – Shianne – Gym A</b> <b>Cycling Class – Krista – Cycling Room</b>		<p style="text-align: center;"><b>Key</b></p> <p style="text-align: center;">Blue – Active Adult Programs</p> <p style="text-align: center;">Black – Group Ex Programs</p> <p style="text-align: center;">Red – Les Mills</p> <p style="text-align: center;">Purple – Virtual Only</p> <p style="text-align: center;">Green – Special Classes</p>	
6:15 PM	<b>Zumba – Joann – Small Gym</b>		<b>Zumba – Joann – Small Gym</b>				
7:00 PM		<b>Slow Flow Yoga – Nicole – Small Gym</b>					
6:30 PM				<b>Youth Tang Soo Do Karate – Small Gym</b>			
7:30 PM			<b>Adult Tang Soo Do Karate – Teen Center</b>				

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6:00 AM	<b>Boot Camp – Josh – Gym A &amp; B</b>	<b>Adult Swim – Josh – Rec Pool</b> <b>Cycling Class – Gabby – Cycling Room</b>	<b>Boot Camp – Josh – Gym A &amp; B</b>	<b>Adult Swim – Jen – Rec Pool</b> <b>Cycling Class – Marc – Cycling Room</b>	<b>Boot Camp – Josh – Gym A &amp; B</b>		
8:15 AM						<b>Bodypump – Monica – Small Gym</b>	
8:30 AM	<b>Cardio Dance – Ellen – Small Gym</b>		<b>Cardio Dance – Ellen – Small Gym</b>		<b>Cardio Dance – Ellen – Small Gym</b>		
9:00 AM	<b>Active Adult Total Fitness – Sue – Gym A</b>		<b>Active Adult Total Fitness – Sue – Gym A</b>	<b>Yoga – Briel – Small Gym</b>	<b>Active Adult Total Fitness – Sue – Gym A</b>		
9:15 AM							<b>Yoga – Briel – Small Gym</b>
9:30 AM						<b>Zumba – Melissa – Small Gym</b>	
10:00 AM	<b>Move, Stretch &amp; Balance – Sarah – Online</b> <b>Bodypump – Vicki – Small Gym</b>	<b>Zumba Gold – Joann – Gym A</b> <b>Bodybalance – Vicki – Small Gym</b>	<b>Bodypump – Vicki – Small Gym</b> <b>Move, Stretch &amp; Balance – Sarah – Online</b>	<b>Zumba Gold – Joann – Gym A</b> <b>Bodycombat – Vicki – Small Gym</b>	<b>Move, Stretch &amp; Balance – Sarah – Online</b> <b>Bodypump – Vicki – Small Gym</b>		
10:30 AM		<b>Senior Strength &amp; Stretch – Sarah – Fitness Center</b>		<b>Senior Strength &amp; Stretch – Sarah – Fitness Center</b>			
10:45 AM						<b>Yoga – Andy – Small Gym</b>	
11:00 AM	<b>Gentle Yoga – Nicole – Small Gym-Online</b>		<b>Gentle Yoga – Amy – Small Gym-Online</b>		<b>Gentle Yoga – Nicole – Small Gym-Online</b>		
12:10 PM	<b>Cycling Class – Jules – Cycling Room</b>	<b>Boot Camp – Josh – Gym A or Fitness Center</b>	<b>Cycling Class – Stacy – Cycling Room</b>	<b>Boot Camp – Josh – Gym A or Fitness Center</b>	<b>Cycling Class – Leila – Cycling Room</b>		
5:00 PM							
5:15 PM	<b>Bodypump – Jen – Small Gym</b>		<b>Bodypump – Jen – Small Gym</b>				
6:00 PM		<b>Cycling Class – Ann – Cycling Room</b>		<b>Zumba Tone – Shianne – Gym A</b> <b>Cycling Class – Krista – Cycling Room</b>		<p style="text-align: center;"><b>Key</b></p> <p style="text-align: center;">Blue – Active Adult Programs</p> <p style="text-align: center;">Black – Group Ex Programs</p> <p style="text-align: center;">Red – Les Mills</p> <p style="text-align: center;">Purple – Virtual Only</p> <p style="text-align: center;">Green – Special Classes</p>	
6:15 PM	<b>Zumba – Joann – Small Gym</b>		<b>Zumba – Joann – Small Gym</b>				
7:00 PM		<b>Slow Flow Yoga – Nicole – Small Gym</b>					
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5:45 AM		<b>Bodypump – Sandy</b> – Small Gym		<b>Bodypump – Sandy</b> – Small Gym			
6:00 AM	<b>Boot Camp – Josh</b> – Gym A & B	<b>Adult Swim – Josh</b> – Rec Pool <b>Cycling Class – Gabby</b> – Cycling Room	<b>Boot Camp – Josh</b> – Gym A & B	<b>Adult Swim – Jen</b> – Rec Pool <b>Cycling Class – Marc</b> – Cycling Room	<b>Boot Camp – Josh</b> – Gym A & B		
8:15 AM						<b>Bodypump – Monica</b> – Small Gym	
8:30 AM	<b>Cardio Dance – Ellen</b> – Small Gym		<b>Cardio Dance – Ellen</b> – Small Gym		<b>Cardio Dance – Ellen</b> – Small Gym		
9:00 AM	<b>Active Adult Total Fitness – Sue</b> – Gym A		<b>Active Adult Total Fitness – Sue</b> – Gym A	<b>Yoga – Briel</b> – Small Gym	<b>Active Adult Total Fitness – Sue</b> – Gym A		
9:15 AM							<b>Yoga – Briel</b> – Small Gym
9:30 AM						<b>Zumba – Melissa</b> – Small Gym	
10:00 AM	<b>Move, Stretch &amp; Balance – Sarah</b> – <b>Online</b> <b>Bodypump – Vicki</b> – Small Gym	<b>Zumba Gold – Joann</b> – Gym A <b>Bodybalance – Vicki</b> – Small Gym	<b>Bodypump – Vicki</b> – Small Gym <b>Move, Stretch &amp; Balance – Sarah</b> – <b>Online</b>	<b>Zumba Gold – Joann</b> – Gym A <b>Bodycombat – Vicki</b> – Small Gym	<b>Move, Stretch &amp; Balance – Sarah</b> – <b>Online</b> <b>Bodypump – Vicki</b> – Small Gym		
10:30 AM		<b>Senior Strength &amp; Stretch – Sarah</b> – Fitness Center		<b>Senior Strength &amp; Stretch – Sarah</b> – Fitness Center			
10:45 AM						<b>Yoga – Andy</b> – Small Gym	
11:00 AM	<b>Gentle Yoga – Nicole</b> – Small Gym- <b>Online</b>		<b>Gentle Yoga – Amy</b> – Small Gym- <b>Online</b>		<b>Gentle Yoga – Nicole</b> – Small Gym- <b>Online</b>		
12:10 PM	<b>Cycling Class – Jules</b> – Cycling Room	<b>Boot Camp – Josh</b> – Gym A or Fitness Center	<b>Cycling Class – Stacy</b> – Cycling Room	<b>Boot Camp – Josh</b> – Gym A or Fitness Center	<b>Cycling Class – Leila</b> – Cycling Room		
5:00 PM							
5:15 PM	<b>Bodypump – Jen</b> – Small Gym		<b>Bodypump – Jen</b> – Small Gym				
6:00 PM		<b>Cycling Class- Ann</b> – Cycling Room		<b>Zumba Tone – Shianne</b> – Gym A <b>Cycling Class – Krista</b> – Cycling Room		<b>Key</b> <b>Blue</b> – Active Adult Programs <b>Black</b> – Group Ex Programs <b>Red</b> – Les Mills <b>Purple</b> – Virtual Only <b>Green</b> – Special Classes	
6:15 PM	<b>Zumba – Joann</b> – Small Gym		<b>Zumba – Joann</b> – Small Gym				
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8:15 AM						<b>Bodypump – Monica – Small Gym</b>	
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9:00 AM	<b>Active Adult Total Fitness – Sue – Gym A</b>		<b>Active Adult Total Fitness – Sue – Gym A</b>	<b>Yoga – Briel – Small Gym</b>	<b>Active Adult Total Fitness – Sue – Gym A</b>		
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10:30 AM		<b>Senior Strength &amp; Stretch – Sarah – Fitness Center</b>		<b>Senior Strength &amp; Stretch – Sarah – Fitness Center</b>			
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11:00 AM	<b>Gentle Yoga – Nicole – Small Gym-Online</b>		<b>Gentle Yoga – Amy – Small Gym-Online</b>		<b>Gentle Yoga – Nicole – Small Gym-Online</b>		
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9:15 AM							<b>Yoga – Briel – Small Gym</b>
9:30 AM						<b>Zumba – Melissa – Small Gym</b>	
10:00 AM	<b>Move, Stretch &amp; Balance – Sarah – Online</b> <b>Bodypump – Vicki – Small Gym</b>	<b>Zumba Gold – Joann – Gym A</b> <b>Bodybalance – Vicki – Small Gym</b>	<b>Bodypump – Vicki – Small Gym</b> <b>Move, Stretch &amp; Balance – Sarah – Online</b>	<b>Zumba Gold – Joann – Gym A</b> <b>Bodycombat – Vicki – Small Gym</b>	<b>Move, Stretch &amp; Balance – Sarah – Online</b> <b>Bodypump – Vicki – Small Gym</b>		
10:30 AM		<b>Senior Strength &amp; Stretch – Sarah – Fitness Center</b>		<b>Senior Strength &amp; Stretch – Sarah – Fitness Center</b>			
10:45 AM						<b>Yoga – Andy – Small Gym</b>	
11:00 AM	<b>Gentle Yoga – Nicole – Small Gym-Online</b>		<b>Gentle Yoga – Amy – Small Gym-Online</b>		<b>Gentle Yoga – Nicole – Small Gym-Online</b>		
12:10 PM	<b>Cycling Class – Jules – Cycling Room</b>	<b>Boot Camp – Josh – Gym A or Fitness Center</b>	<b>Cycling Class – Stacy – Cycling Room</b>	<b>Boot Camp – Josh – Gym A or Fitness Center</b>	<b>Cycling Class – Leila – Cycling Room</b>		
5:00 PM							
5:15 PM	<b>Bodypump – Jen – Small Gym</b>		<b>Bodypump – Jen – Small Gym</b>				
6:00 PM		<b>Cycling Class – Ann – Cycling Room</b>		<b>Zumba Tone – Shianne – Gym A</b> <b>Cycling Class – Krista – Cycling Room</b>		<p style="text-align: center;"><b>Key</b></p> <p style="text-align: center;">Blue – Active Adult Programs</p> <p style="text-align: center;">Black – Group Ex Programs</p> <p style="text-align: center;">Red – Les Mills</p> <p style="text-align: center;">Purple – Virtual Only</p> <p style="text-align: center;">Green – Special Classes</p>	
6:15 PM	<b>Zumba – Joann – Small Gym</b>		<b>Zumba – Joann – Small Gym</b>				
7:00 PM		<b>Slow Flow Yoga – Nicole – Small Gym</b>					
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6:00 AM	<b>Boot Camp – Josh – Gym A &amp; B</b>	<b>Adult Swim – Josh – Rec Pool</b> <b>Cycling Class – Gabby – Cycling Room</b>	<b>Boot Camp – Josh – Gym A &amp; B</b>	<b>Adult Swim – Jen – Rec Pool</b> <b>Cycling Class – Marc – Cycling Room</b>	<b>Boot Camp – Josh – Gym A &amp; B</b>		
8:15 AM						<b>Bodypump – Monica – Small Gym</b>	
8:30 AM	<b>Cardio Dance – Ellen – Small Gym</b>		<b>Cardio Dance – Ellen – Small Gym</b>		<b>Cardio Dance – Ellen – Small Gym</b>		
9:00 AM	<b>Active Adult Total Fitness – Sue – Gym A</b>		<b>Active Adult Total Fitness – Sue – Gym A</b>	<b>Yoga – Briel – Small Gym</b>	<b>Active Adult Total Fitness – Sue – Gym A</b>		
9:15 AM							<b>Yoga – Briel – Small Gym</b>
9:30 AM						<b>Zumba – Melissa – Small Gym</b>	
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10:30 AM		<b>Senior Strength &amp; Stretch – Sarah – Fitness Center</b>		<b>Senior Strength &amp; Stretch – Sarah – Fitness Center</b>			
10:45 AM						<b>Yoga – Andy – Small Gym</b>	
11:00 AM	<b>Gentle Yoga – Nicole – Small Gym-Online</b>		<b>Gentle Yoga – Amy – Small Gym-Online</b>		<b>Gentle Yoga – Nicole – Small Gym-Online</b>		
12:10 PM	<b>Cycling Class – Jules – Cycling Room</b>	<b>Boot Camp – Josh – Gym A or Fitness Center</b>	<b>Cycling Class – Stacy – Cycling Room</b>	<b>Boot Camp – Josh – Gym A or Fitness Center</b>	<b>Cycling Class – Leila – Cycling Room</b>		
5:00 PM							
5:15 PM	<b>Bodypump – Jen – Small Gym</b>		<b>Bodypump – Jen – Small Gym</b>				
6:00 PM		<b>Cycling Class – Ann – Cycling Room</b>		<b>Zumba Tone – Shianne – Gym A</b> <b>Cycling Class – Krista – Cycling Room</b>		<p style="text-align: center;"><b>Key</b></p> <p style="text-align: center;">Blue – Active Adult Programs</p> <p style="text-align: center;">Black – Group Ex Programs</p> <p style="text-align: center;">Red – Les Mills</p> <p style="text-align: center;">Purple – Virtual Only</p> <p style="text-align: center;">Green – Special Classes</p>	
6:15 PM	<b>Zumba – Joann – Small Gym</b>		<b>Zumba – Joann – Small Gym</b>				
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8:15 AM						<b>Bodypump – Monica – Small Gym</b>	
8:30 AM	<b>Cardio Dance – Ellen – Small Gym</b>		<b>Cardio Dance – Ellen – Small Gym</b>		<b>Cardio Dance – Ellen – Small Gym</b>		
9:00 AM	<b>Active Adult Total Fitness – Sue – Gym A</b>		<b>Active Adult Total Fitness – Sue – Gym A</b>	<b>Yoga – Briel – Small Gym</b>	<b>Active Adult Total Fitness – Sue – Gym A</b>		
9:15 AM							<b>Yoga – Briel – Small Gym</b>
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10:30 AM		<b>Senior Strength &amp; Stretch – Sarah – Fitness Center</b>		<b>Senior Strength &amp; Stretch – Sarah – Fitness Center</b>			
10:45 AM						<b>Yoga – Andy – Small Gym</b>	
11:00 AM	<b>Gentle Yoga – Nicole – Small Gym-Online</b>		<b>Gentle Yoga – Amy – Small Gym-Online</b>		<b>Gentle Yoga – Nicole – Small Gym-Online</b>		
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5:00 PM							
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8:15 AM						<b>Bodypump – Monica – Small Gym</b>	
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10:30 AM		<b>Senior Strength &amp; Stretch – Sarah – Fitness Center</b>		<b>Senior Strength &amp; Stretch – Sarah – Fitness Center</b>			
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