



# GROUP EXERCISE SCHEDULE

SUN	MON	TUES	WED	THURS	FRI	SAT
	<b>7:00 AM</b> Cycling  <i>with Rodney</i>	<b>10:00 AM</b> Human Movement  <i>with Kevin</i>	<b>7:00 AM</b> Cycling  <i>with Rodney</i>	<b>9:00 AM</b> Yoga  <i>with Kevin</i>	<b>10:30 AM</b> Yoga  <i>with Ruth</i>	<b>8:00 AM</b> Cycling  <i>with Rodney</i>
	<b>10:00AM</b> Yoga Mind & Body  <i>with Mary Lou</i>		<b>10:00 AM</b> Yoga Mind & Body  <i>with Mary Lou</i>	<b>10:15 AM</b> Zumba  <i>with Andriana</i>		<b>9:00 AM</b> Cardio Mix- Up  <i>with Karla</i>
	<b>11:15AM</b> Aqua Blast  <i>with Mary Lou</i>		<b>11:15 AM</b> Aqua Blast  <i>with Mary Lou</i>			<b>10:00 AM</b> Cycling  <i>with Rodney</i>
	<b>6:30 PM</b> Cardio Kickboxing  <i>with Sterling</i>	<b>6:30 PM</b> Calypsocise  <i>with Rodney</i>	<b>6:30PM</b> Cycling  <i>with Sterling</i>	<b>6:30 PM</b> Body Sculpt  <i>with Karla</i>	<b>6:30 PM</b> Calypsocise  <i>with Rodney</i>	<b>10:00 AM</b> Human Movement  <i>with Kevin</i>
	<b>7:45 PM</b> Aqua Mash-Up  <i>with Sterling</i>	<b>7:30 PM</b> Calypsocycle  <i>with Rodney</i>	<b>7:45 PM</b> Aqua Mash-Up  <i>with Sterling</i>	<b>7:30 PM</b> Cycling  <i>with Karla</i>		

## Indoor Group Fitness Class Protocols:

- Everyone must sign in for class. Sign in sheet will be available ONE HOUR BEFORE CLASS. It is on a first come, first served basis.
- Spots for class CANNOT be reserved over the phone.
- Masks are recommended to be worn for the duration of the class.
- Equipment that is used should be wiped down BEFORE and AFTER each class. Sanitizing spray bottles and paper towels will be available in all studios.
- There will be a maximum of 30 people in Studio 2 and 15 people in the Cycle Studio.
- Must be on time. Your spot will be forfeited if you come to class late.

