



# Group Fitness Schedule

## BODYPUMP INSTRUCTOR TRAINING

10/20 and 10/21 in the Group Fitness Room  
Classes that weekend will be 8:15 Cardio with Kelly (AAC) and 9 am BODYPUMP Masterclass

### VIRTUAL CLASSES

Mondays at 6:05 pm  
GRIT Cardio (30 min)

Thursday the 11<sup>th</sup> and 25<sup>th</sup> at 5 pm CXWORX (30 min)

Thursdays at 6:40 pm VIRTUAL BODYCOMBAT

### NEW CLASSES

**HEALTHY BACKS** (AAC)  
Monday and Wednesdays  
9:15 am

**CYCLE** Tues at 5 am and 4:30 pm

**DDP YOGA** 6:40 pm  
Wednesdays

**BODYPUMP** Wednesdays at 4:30 pm

**ZUMBA GOLD** Fridays  
at 9:15 am

**GET TO KNOW**  
DDP YOGA  
6<sup>TH</sup> at 10:30 am

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:05 AM		BOOTCAMP <i>Janna</i>	BODYPUMP <i>Robin 9 Meghan</i> <b>CYCLE</b> <i>Abby</i>	BOOTCAMP <i>Janna</i>	BODYPUMP <i>Meghan 25 Robin</i>	BOOTCAMP <i>Von</i>	8:15 CARDIO STEP <i>Kelley</i> 13 <i>Meghan</i> 20 (AAC) <i>Kelley</i>
8:15 AM		20/20/20 <i>Janna</i> <b>CYCLE</b> <i>Lisa 22 Andrea</i>	FITNESS FUSION <i>Kelley</i> SilverSneakers® <b>CIRCUIT</b> (AAC) <i>David (Lola, CC)</i>	STRONG <i>Karen</i> <b>CYCLE</b> <i>Donna</i>	BODYPUMP <i>Donna</i> <b>Cardio Impact</b> (AAC) <i>Vicki (Lola )18, 25 Kelley</i>	STEP <i>Vicki 19 Meghan</i> 26 <b>CORE &amp; MORE</b> <i>Janna</i> <b>CYCLE</b> <i>Heather 12 Lisa</i> 8:30 <b>UPPER BODY BLAST</b> (AAC) <i>Karen</i>	9:20 <b>BODYPUMP</b> <i>Andrea</i> 20 <b>9 am BODYPUMP</b> <b>MASTERCLASS</b>
9:15 AM		9:00 <b>AQUA</b> <i>Cecilia 8 Vicki</i> GENTLE <b>YOGA</b> <i>Barbara</i> <b>HEALTHY BACKS</b> (AAC) <i>Lisa</i>	9:00 <b>AQUA</b> <i>Melinda</i> BODYPUMP <i>Donna</i> SilverSneakers® <b>CLASSIC</b> (AAC) <i>David (Lola, CC)</i>	9:00 <b>AQUA</b> <i>Cecilia 17 Lola</i> <b>YOGA</b> <i>Barbara 24 Heather</i> <b>HEALTHY BACKS</b> (AAC) <i>Lisa</i>	9:00 <b>AQUA</b> <i>Vicki 18,25 Cecilia</i> SilverSneakers® <b>CLASSIC</b> (AAC) <i>David (Lola)</i> 9:20 <b>ZUMBA GOLD</b> <i>Donna</i>	9:00 <b>AQUA</b> <i>Melinda</i> <b>ZUMBA GOLD</b> <i>Karen</i> 9:15 <b>YIN YOGA</b> (AAC) <i>Tammy</i>	<b>GET TO KNOW</b> <b>DDP YOGA</b> 6 <sup>TH</sup> at 10:30am
10:15 AM		<b>BARBELL FITNESS</b> <i>David</i> 11:00 <b>LOW IMPACT</b> <i>David</i>	<b>BASIC TAI CHI</b> (AAC) <i>Jesse</i> 10:20 <b>ZUMBA GOLD</b> <i>Donna</i>	<b>BARBELL FITNESS</b> <i>Donna</i> 11:00 <b>LOW IMPACT</b> <i>Lisa</i>	<b>TAI CHI</b> <i>Jesse</i>		
11:30 AM			<b>BALANCE &amp; STRETCH</b> <i>Alden</i>		<b>BALANCE &amp; STRETCH</b> <i>Alden</i>		
1:00 PM	1:10 <b>YOGA</b> <i>Heather</i>	SilverSneakers® <b>CIRCUIT</b> (AAC) <i>Barbara</i>		SilverSneakers® <b>CLASSIC</b> (AAC) <i>David</i>			<b>FREE TOT</b> <b>WATCH</b>
2:00 PM		SilverSneakers® <b>YOGA</b> (AAC) <i>Barbara</i>		SilverSneakers® <b>YOGA</b> (AAC) <i>David</i>			Monday - Friday 8 am – Noon 4 pm – 8 pm
4:30 PM	2:30-3:30 <b>TONE AND TIGHTEN</b> <i>Meghan</i> 28 <i>Jennie</i>	<b>BODYPUMP</b> <i>Traci</i>	<b>H.I.I.T</b> <i>Melanie</i> <b>CYCLE</b> <i>Anna</i>	<b>BODYPUMP</b> <i>Anna</i> <b>FITNESS FUSION 55+</b> (AAC) <i>Melanie</i>	20/20/20 <i>Melanie</i> 11, 25 5 PM <b>VIRTUAL CXWORX</b> (30 min)	<b>DANCEBODY FITNESS</b> <i>Tera</i>	Saturday 8 – 12 pm
5:35 PM	3:30 – 4:30 <b>DANCE &amp; BARRE</b> <i>Tera</i>	<b>HIIT It and GRIT It</b> <i>Traci</i> <b>GRIT Cardio</b> (30 min)	<b>BODYPUMP</b> <i>Ashley</i>	<b>CYCLE</b> <i>Traci</i> <b>DANCEBODY FITNESS</b> <i>Tera</i>	<b>BODYPUMP</b> <i>Ashley</i>		Sunday 1 – 5 pm
6:40 PM		<b>DANCEBODY FITNESS</b> <i>Tera</i>	<b>SLOW FLOW YOGA</b> <i>Chris</i>	<b>DDP YOGA</b> <i>Ben</i>	<b>VIRTUAL BODYCOMBAT</b>		