

# Group Exercise Schedule- Summer

(Revised 5/25/22)

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 a.m.						
8:30 a.m.	Hi-Low Balance (Jadene) Spin (Debbie)	Step/Abs (Lindsey)	Tabata/Strength (Jadene) Spin & Core (Debbie)	Dance Jam (Wendy)	Hi-Low (Lindsey) Spinning (Daniel)	Zumba Toning (Kathy)
9:00 a.m.		Stetching (Jadene- 30 Minutes)		Streching (Jadene- 30 Minutes)		
9:30 a.m.	Yoga Flow/Align (Marla, upstairs area ) Senior Spin (Judy)	Yoga (JJ)	Pilates (Hillery, Upstairs area) Senior Spin (Judy)	Deep Stretch (JJ)	Yoga Flow/Align (Marla) Senior Spin (Judy)	Vinyasa Yoga (Marla)
10:30 a.m.	Barre Fusion (Marla)					
4:30 p.m.	Strong (Megan)	From Scratch (Megan)	Zumba (Megan)	Body Blast (Megan)	Room Taken 4-6pm	
5:30 p.m.	Yoga Flow and Restore (Marla)	Room Taken 5:30 - 6:30	Yoga (Bridget) Begin 6/1/22	Strong (Kristi)		
6:00 p.m.						
6:30 p.m.	Canyons Conditioning (Kristi)		Room taken 6:30-7:30			