## **Group Fitness Schedule**

Effective:	April 2	21, 2014
Subj	ect to	Change

Time	Monday	Tuesday	Wednesday	Thursday	Friday
5:30am	Cycle RT	Pump/Cxpress	Cycle RT	Cycle RT	BODYPUMP
	® o <sup>™</sup> o	1 ®	® o <sup>™</sup> o	® 500 BODYCOMBAT	1 ®
8:00am	Aqua Combo <b>RP</b>	Martial Waters <b>RP</b>	Aqua Step & Sculpt	Deep Water Athletes	Splash A.C.T.
8:45am	BODYVIVE DE 2		Moderate Moves 3		BODYVIVE DE 2
9:00am	Walking Waters <b>LP</b>	Walk & Sculpt <b>LP</b>	Walking Waters <b>LP</b>	Walk & Sculpt <b>LP</b>	Walking Waters <b>LP</b>
9:15am	BODYCOMBAT.	BODYPUMP 1 ®	Kickbutt Boxing  1	BODYATTACK	
		Step I.T. 2	R.E.V. <b>2</b>		All Terrain XT OF 4/26-6/13
		Cycle RT ® o∜o		Cycle RT ® ⁵∜	Cycle RT ® ₅√∞
9:30am	Tabata <b>AF</b>		Cycle RT ® ॐ	Step 45 <b>2</b>	SH'BAM.
	Cycle RT ® ⁵∜o				
9:45am					
10:15am	© ZVMBA		BODYJAM 1	Strong & Lean  1	BODYPUMP 1 ®
	CXWORX 2		CXWORX 2		
10:30am	Yoga Flex 3	SH'BAM		BODYFLOW.	Yoga Flex 3
		Pilates Mat <b>2</b>			
10:45am			Gentle Yoga 3		
1:00pm	BODYPUMP 1 ®			BODYPUMP 1 ®	
4:45pm	R.E.V.45 <b>1</b>	BODYPUMP 1 ®	BODYVIVE DEPARTS	Butts N' Guts 1	BODYPUMP 1 ®
5:30pm	CXWORX 1	BODYVIVE 2	cxworx 1		
6:00pm	BODYATTACK.	BODYCOMBAT.	2VMBA	R.E.V. <b>1</b>	
	Strong & Lean 2		Tabata <b>2</b>		
6:15pm	Cycle RT ® √√o	Yoga Flex <b>2</b>	Cycle RT ® ₅√∞	Step 45 <b>2</b>	
6:30pm					
7:00pm	2VMBA	BODYJAM.	BODYPUMP 1 ®	CXWORX 2	
	BODYFLOW 2			Yoga Flex <b>3</b>	
7:30pm	Walking Waters <b>LP</b>	Aqua Sculpt & Tone		Walk & Sculpt <b>LP</b>	

Time	Saturday	Sunday
8:00am	Cycle 60 ® 5√o	
8:15am		Cycle 60 ® √ೆ
8:30am	BODYATTACK.	BODYCOMBAT P
	SH'BAM.	Basic Step45 2
8:45am	Aqua Zumba <b>RP</b>	
9:15am	Cycle RT ® 5√5	
9:30am	BODYPUMP 1 ®	BODYPUMP 1 ®
	CXWORX 2	Yoga Flex 3
10:00am	BODYFLOW 2	
10:30am		
10:45am		

1 = Group Fitness Studio 1

2 = Group Fitness Studio 2

3 = Group Fitness Studio 3

= Cycling Studio= Online Resv. Necessary

LP = Leisure Pool

RP = Rec Pool

MP = Main Pool

AF = Arena Field

OF = Outdoor Field